Partridge, 1.

11438

THE TREASVRIE OF Hidden Secrets:

Commonly called,

The Good-huſwiues Cloſet of prouiſion, *for the health of her Houſhold.*

Gathered out of ſundry experiments, lately practiſed by men of great knowledge: And now newly enlarged, with diuers neceſſary Phyſicke helpes, and knowledge of the names and *naturall diſpoſition of diſeaſes, that moſt commonly happen to men and women.*

Not impertinent for euery good Huſwife to vſe in her houſe, amongſt her owne Familie.

LONDON,
Printed for *E. B.* and *R. B.* and are to be ſold at the ſigne of the Bible in Cheap-ſide.
1627.

The TREASVRIE

Or

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LONDON,
Printed for S. B. and R. B. and are to b
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in Cheap-side.

To all VVomen that loue and profesſe the practice of good huſwifery, as well *Wiues as Maides.*

COurteous Gentlewomen, honeſt Matrons, & vertuous Virgins, I did not long agoe print (in my opinion) a very neceſſary Booke of Cookery, and bequeathed it vnto you, called, The good huſwiues hand-maid for the Kitchin; and perceiuing no leſſe but that it was acceptable among many of you, I haue lately reprinted the ſame; and for that this Booke, called, The good huſwiues Cloſet of neceſſary prouiſion for the health of her houſhold, containing, The manner as well to make all kinde of Conſerues and Sirrops, and Sugar-paſte for banquetting diſhes, Suceade, Marmalade and Marchpane, diuers ſweet diſtilled waters of great vertue, fine Powders for Preſſes, and Cheſts, with woollen and linnen Clothes and Furres, to keepe them from moth-eating; and many precious Oiles of ſundry operations and effects: as alſo neceſſary directions for preparation of good and wholſome Kitchin Phiſicke, in making good Medicines, wholſome Drinkes, and other comfortable things, to helpe and cheriſh the ſicke and weake in your houſe, hath likewiſe beene printed by me aforetime; I thought good now to aduertize you that I haue conferred them both together, and in examining them, found ſome things in the one, more pertinent vnto the other: and ſome things in the one that was likewiſe in the other, and therefore needleſſe that the ſelfe ſame things ſhould be in both. I haue therefore placed each thing that before was out of order in his due and conuenient place, and doe commend both vnto your protection: the one for

your Kitchen, and this other ready helpe, alwaies at hand as a Storehouse, or Treasurie of many profitable secrets, and vnknowne conceits to be vsed as occasion shall require. First, printed at the request of a Lady of great calling, and now augmented with some rare conceits not before published: How good soeuer they be, yours they be: and my selfe at your command, to publish any thing that may be to your good liking, and to amend what otherwise shall proque to your discontentment.

I. W. Printer.

The Author of these Secrets to this Booke.

Vpon occasion that a Lady of Honourable regard, hauing seene this Booke in writing, earnestly requested, or rather commanded to haue a coppy of the same.

GOe little Booke of profit and pleasance,
To my Honourable Lady without delay:
Shew her I send thee for the performance
Of her request, sith she would haue no nay:
Yea, say, her command of me hath obtained
Thee: that no gold nor good could haue gained.

The

The Treasury or Closet of hidden Secrets.

To make a March-pane. Chap. 1.

TAke halfe a pound of blanched Almonds, & of white Suger a quarter of a pound, of Rosewater halfe an ounce, and of Damaske water as much: beat the Almonds with a little of the same water, and grind them till they be small: set them on a few coales of fire till they wax thicke, then beat them againe with Suger fine: then mixe the sweet waters and them together, and so gather them, and fashion your Marchpane: then take wafer cakes of the broadest making, cut them square, paste them together with a little liquor, and when you haue made them as broad as will serue your purpose, haue ready made a hoope of a greene hazell wand, of the thicknesse of halfe an inch, on the inner side smooth, without any knags: lay this hoope vpon your Wafer-cakes aforesaid, and then fill your hoope with the geare aboue named, the same driuen smooth aboue with the back of a siluer spoone, as ye doe a Tart, and cut away all the parts of the cakes, euen close by the outside of the hoope with a sharpe knife, that it may be round: then hauing white paper vnderneath it, set it vpon a warme hearth, or vpon an instrument of yron or brasse made for the same purpose, or into an Ouen, after the bread is taken out, so it be not stopped: it may not bake, but only be hard and thorow dried, and ye may while it is moist sticke it full of Comfets of sundry colours in a comely order, yée must moist it ouer with Rose-water and suger together: make it smooth, and so set it into the Ouen or other Instrument, the clérer it is like a Lanterne horne, so much the more commended. If it be through dried, & kept in a dry and a warme ayre, a Marchpane will last many yéeres. It is a comfortable meat meet for weake folks, such as haue lost the taste of meats by much and long sicknes. The greatest secret that is in making this clére, is with a little fine flowre of Rice, Rosewater and Suger beaten together, and laid thin ouer the Marchpane ere it goe to drying. This will make it shine like Ice, as Ladies report.

To gilda Marchpane, or any other kinde of Tart. chap. 2.

Take & cut your leafe of gold, as it lieth vpon the book into square péeces like dice, & with a Conies tailes end moisted a little, take the

gold by the one corner, lay it on the place, being first made moist, and with another taile of a Cony dry, presse the gold downe close. And if you will haue the forme of an Hart, or the name of Iesus, or any other strange thing whatsoeuer, cut the same through a piece of paper, and lay the paper vpon your Marchpane and Tart: then make the void place of the paper moist with Rose-water, lay on your gold, presse it downe, take off your paper, and there remaineth behind in gold, the print cut in the said paper.

To bake Quinces. chap. 3.

Pare them, take out the coare, perboile them in water till they be tender, let the water run from them till they be dry: Then put in euery coffin one Quince, in it a good quantitie of marrow. Also take Sugar, Cinamon, and a little Ginger, and fill the Coffin there with; close it, let it bake an houre, and so serue it.

To keepe Quinces vnpared all the yeere. chap. 4.

Take ripe Quinces, and at the greatend cut out a stopple, then take out the coare cleane, and stoppe the hole againe with the same stopple (but pare them not) & perboile them a little, take them vp, and let the water draine from them, then put all the coares, and some of the smallest Quinces in little peces all to cut, into the water wherein all the Quinces were perboiled, and let them seeth till the liquor be as thicke as molten size that Painters occupie, then take it from the fire and let it cole: in the meane season couch your cold Quinces in a barrell, or in an earthen pot, the great end downward (if the stopple be out, it makes no matter) and one vpon another. Then put the liquor in, that it be an handfull ouer and aboue them: Couer them close, and after 4. or 5. daies looke to them, and when you see the liquor sunke downe, put in more of the same, which you purposely kept to couer them. as before: then lay a bord vpon them, & a stone, that they rise not, and couer the vessell close with a thick cloth folded that it take no aire, so let them remaine. And when ye intend to occupie some of them, vncouer the vessell, and ye shall find a creame couering the whole liquor, breake it in the middest, turne it euer with your hand, then take out your fruit in order, beginning in the midst first, then by the sides, so that you remoue none, if it may be, but those that they take away: and euery time you breake the creame, turne it ouer again into his place, for you must know, that the creame kepeth out the aire, and kepeth in the strength of the sirrop, therefore it ma-

keth

keth much to the conseruation of the fruit to faue it, and also to see the vessell close couered. Also, when you will bake your Quinces, wash them well and cleane in warme water, and bake them as before is written.

To make Vineger of Roses.

In Sommer time when Roses blow, gather them, ere they bee full spread or blowne out, and in dry weather, plucke the leaues, let them lie halfe a day vpon a faire bord, then haue a vessell with Vineger of one or two gallons (if you will make so much Roset:) put therein a great quantitie of the said leaues, stop the vessell close after that ye haue stirred them well together: let it stand a day and a night, then diuide your Vineger and Rose-leaues together in two parts, put them in two great glasses, and put in rose leaues enough: stop the glasses close, set them vpon a shelfe vnder a wall side on the Southside without your house, where the Sunne may come to them the most part of the day; let them stand there all the whole Sommer long, and then straine the Vineger from the Roses, and keepe the leaues, and put in new leaues of halfe a daies gathering, the Vineger will haue the more odour of the Rose.

You may vse in stead of Vineger, Wine, that it may waxe eager, and receiue the vertue of the Roses both at once.

Moreouer, you may make your Vineger of Wine, White, Red, or Claret: but the red doth most binde the belly, and the White doth most loose.

Also, the Damaske Rose is not so great a binder as the red Rose, and the White looseth most of all: Heereof you may make Vineger roset.

Thus also you may make Vineger of Violets, or of Elderne flowers: but you must first gather and vse your flowers of Elderne, as shall be shewed hereafter, when we speake of making conserue of Elderne flowers.

To make Paste of Suger, whereof may bee made all manner of fruits and other fine things with their forme: as Platters, Dishes, Glasses, Cups, and such like things, wherewith you may furnish a Table, and when you haue done, you may eat them vp. A pleasant conceit for them that sit at the Table. cap. 6.

Take

Take Gum Dragant, as much as you will, and steepe it in Rose-water vntill it be mollified, and for foure ounces of Sugar, take of it the bignesse of a beane, the iuyce of Limons, & Walnut shell full, a little of the white of an Egge: but you must first take the Gum, and beat it so much with a pestle in a morter of white marble, or of brasse vntill it become like water, then put to it the iuyce with the white of the egge, incorporated well together. This done, take foure ounces of fine white Suger well beaten to powder, & cast it into the morter by little & little, vntill it be turned into the forme of paste: then take it out of the said morter, & bray it vpõ the powder of Suger, as it were meale or flower, vntill all be like paste, to the end you may turne it, & fashion it, which way you will: when you haue brought your paste to this forme, spread it abroad with Cinamon vpon great or small leaues as you shall thinke it good, and so shall you forme and make what things you will, as is aforesaid, with such fine conceits as may serue at Table, taking heed that there stand no hot thing nigh vnto it. At the end of the banquet they may breake all, & eat the platters, dishes, glasses cups, and such like: for this paste is delicate and sauourous. If you will make a thing of more finenesse than this, make a Tart of Almond, stamped with Suger and Rose-water of like sort that Marchpanes be made of: this shall you lay betweene two pasts of such vessels, or fruits, or some other thing, as you thinke good.

To make Orenge Comfets. chap. 7.

Take Orenge pillings, lay them in faire water a day and a night, then seeth them in white Wine: then take them out of the Wine, and put them in an earthen pot, & put therein Suger, Cinamon, Cloues, and Mace whole, and seeth them together without any other liquor, and so it is made.

To make fine blanch powder for rosted Quinces. chap. 8.

Take fine Suger halfe a pound, beaten in a hot morter to fine powder, of white Ginger pared halfe an ounce, of chosen Cinamon a quarter of an ounce, beaten ready to fine powder, mixe them well together, and if you will haue it most excellent, cast two spoonfull of Rose or Damaske water in beating of the Suger.

To preserue Quinces in sirrop condite, alway ready to bee serued in whole, in quarters. chap. 9.

After your Quinces are coared and pared, seeth them till they bee tende rand soft: then lay them out still they be cold, in the meane

time

time, take of the same liquor two quarts or more, (according to the number of your Quinces which ye will keepe) cut therin the coares and some other small peeces, sethe them in the liquor, to make the sirrop strong: straine them, and put into the liquor, being two or three quarts, one pint of Rosewater, and for euery quart of liquor one pint of Rosewater, and for euery quart of liquor, one halfe pound of Suger, seeth them again together on a soft fire of coales, til the Suger be incorporated with the liquor, the put in your Quinces, let them sethe softly till you perceiue that your sirrop is as thick as life Hony, then set them to cole, and take them out, lay them in a tray or platter till they be cold: then take one ounce of bruised Cinamon, and some whole Cloues, put them with some of the Cinamon into the sirrop, and when it is cold, lay a lard of Quinces in your glasse (called a gesselin glasse) or in an earthen pot well glazed: then strew a little of your Cinamon vpo your Quinces, then powre some sirrop, lay on another lard of Quinces, and againe of your spice and sirrop, and so forth, till you haue done, and couer them two fingers ouer with sirrop aboue, couer them close: and within three or foure dayes looke to them: and when you finde the sirrop shrunken downe, put in more, and so reserue them. These are to be serued in with sirrop. See that the Quinces be tenderly sodden, and the sirrop thicke and strong enough.

Plummes condict in sirrop. chap. 10.

Take halfe a pound of Suger, half a pint of Rosewater, and a pint of faire raine water, or of some other distilled water, sethe the Suger, and the two waters vpon a soft fire of coales till the one halfe be consumed: then take it from the fire, & when it leaueth boiling, put therein halfe a pound of ripe Damasins, or other plums, and set it againe on the embers, and keepe it in like heat, till the plums be soft by the space of an houre, if need be: then put in some Cloues bruised, and when it is cold, keepe it in a glasse, or in an earthen Gallipot: the stronger the sirrop is with Suger, the better it will continue. Some put into the sirrop Cinamon, Saunders, Nutmegs, Cloues, and a little Ginger, sethe them not hastily, for feare of much breaking.

To make Walnuts of sirrop. chap. 11.

Take your Nuts ten daies before Midsummer day, lay them in water, and change them morning & euening, till nine or ten daies be past, then pare off as thin as ye can the vtter rinde, but the very

ground of them, and seethe them in such sirrop as ye doe Orenges: and when it is sodden, ye must keep them in a new sirrop of the same making, or else make a sirrop to seeth them in of clarified hony, take raine water, for lacke of that, take other water, take three times as much water as ye do hony, and seethe it long and softly, then as the skim doth rise, take it off, and so let it seethe til it be clean scummed, and assay it vpon your naile; if it tarry there, it is thicke enough, else not: there is all, and seethe your Nuts therein and put them in a sirrop of Suger.

To make Marmalad of Quinces. chap. 12.

After that your Quinces are sodden, ready to be kept condist, as before in the chapter is written, the with some of your liquor wherin they were sodden (but without any spice) beat them, and draw them as ye would do a Tart: then put some ouer the fire, and seethe them softly, & in seething strew by little and little of powder of Suger, the weight of the Quinces or more, as your taste shall tell you, stirre it continually, put thereto some pure Rosewater, or Damaske water, let it seethe on height till it be well standing, which thing ye may know, by taking some of it vpon a cold knife, and let it coole: if it be stiffe, then take it off, and bor it while it is warme, and set it in a warme and dry ayre: if you will gild your Marmalades, do as afore is spoken of a Marchpane.

The best making of Marmalade, is when the Quinces haue laine long, and are through ripe, and very yellow, as in Lent season.

And for as much as Quinces are binding, and therefore not good for some sicke folks costiue, it is necessary to put a good many of ripe Apples of good verdure, as Renet, Pippin, Lording, Rusletting, Pomeriall, Rex Pomorum, or any other Apple that is pleasant raw, among them, being first drawne from a Tart, and then sodden among the other matter of Quinces. Thus shall you make your Marmalade somewhat couple, and also increase the quantity and vertue of the same, especially if it be well dashed with sweet water.

To make Marmalade of Damasins or Prunes. chap. 13.

Take Damasins which are ripe, boile them on the fire with a little faire water, vntill they be soft: then draw them through a course boulter, as ye make a Tart, set it on the fire againe, seethe it on height with sufficient Suger as you do your Quinces, dash it with sweet water, &c. and bor it.

If you will make it of Prunes, do likewise put some Apples to it

it as you did to your Quinces. This wise you may make Marmalade of Wardens, Peares, Apples, and Medlers, Cerusse, Cherries, or Strawberries, every one by himselfe, or else mix it together as you thinke good.

To make Succade of peeles of Orenges or Limmons. chap. 14.

First take off your peeles by quarters, & seethe them in faire water, from three quarts to three pints: then take them out, and put to as much more water, and seeth them likewise, and so do againe, till the water wherein they are sodden haue not bitternesse at all of the peels, then are they ready. Now prepare a sirrop as ye do for Quinces condict in the sirrop, in the 9. chap. before written, seethe them in a glasse or pot.

To make Greene Ginger. chap. 15.

Take the rases of raised Ginger of the fairest, and vse them as followeth: Lay abroad lane of faire sand vpon a low floore on the ground, halfe a foot thicke, then lay your rases of Ginger vpon the sand in order, couer the Ginger with more sand, foure or fiue inches thicke, sprinkle the sand ouer with faire water twice euery day, that it may be moist, thus daily do till ye shall perceiue your rases to be soft. Then take vp your rases, wash them, and scrape them cleane, haue a sirrop ready made, as is aboue said, seethe them in it till they be well seasoned: take them vp, and with some of the sirrop cast them or put them into a pot of stone.

To make Manus Christi. chap. 16.

Take halfe a pound of fine white Suger, put therto foure ounces of rose water, seeth thē vpon a soft fire of coales, til the water be cōsumed, & the suger is become hard: thē put therin a quarter of an oūce of the powder of Pearls, stir them together, put for euery spoonful a peece of a leafe of gold cut of purpose, cast them vpon a leaf of white paper, being first anointed with sweet Butter for cleaning too.

To make Aqua Composita. chap. 17.

Take 4. gallons of the best Ale, drawne frō the yeast 24. houres after it hath ſwd tuned, & put it into a close vessell, wherin you shal put these herbs following, and 4. ounces of Licoras scraped & bruised in a morter, & so much Annise wel garbled, then stir them together twice a day for the space of three daies, & let them stand 24. houres after: then put them into the stilling pot, and (if you please)

you may also put in the lees of Malmesey or Sack, or any other distilled waters, but fil not your pot too full, then set on your Limbeck, and close it fast to the pot, and keep a soft fire vnder it. These are the herbs with their quantities.

Isop, Time, Rosemary, Sage, Parsly, Borage, Langdebeefe, red Fennell, Sorrell, Harts tong, Bay-leaues, Buglosse, Scabias, Marigold, Costmary, Ribwort, Sentory, Liuerwort, Fumitory, of each a handfull.

Marierum gentle, Basil, Mints, Champane, Woodbind, Patience, Valerian, Endiue, Wormewood, Peniroyall, Cammomill, of each halfe a handfull.

To make Aqua vitæ. chap. 18.

Take foure gallons of strong Ale or wine lees, and put them in a vessell, & couer it well: then put to it three or foure handful of Rosemary, Peniroyall, Liuerwort, Harts tongue, or any other good herbs, and stir them together twice or thrice a day, for the space of foure daies: then put them in a brasse pot, and stil with a temperate fire, for else you burne your pot and lose your Aqua vitæ, which will stinke and looke red: Also, looke you keepe your water in a temper, and when it is very hot, let it out, and put in cold water againe into the vpper part of the Limbeck, and so change your water as it waxeth hot.

Take a spoonfull from vnder the spout, and light it with a paper, and if it burne cleans out it is good, else not.

How to make diuers necessary Oyles of great vertue. chap. 19.

Oleum Hipirici.

Take the tops of flowers of S. Iohn wort that hath red iuyce, three ounces, shred them small, & lay them to steep in sweet Wine, as much as needeth three daies: then boile them in a double glasse, close stopt, & presse out the liquor from them, which done foure times with fresh flowers, and a little more wine, if any be waxed, if not, take the wine the fourth time strained, put to it Terebinthij 3. ounces: of good Oile 6. ounces, and of Saffron a scruple, so let them boile till the wine be consumed: which powred cleare out from the grounds, reserue to be vsed.

It is hot and dry, and binding, wherefore it healeth the cuts and wounds of the sinewes, taketh away the paine of the hips, thighes, and bladder, and helpeth the brine.

Oile of Rue.

Take blossoms and tops of Rue so many as you list, which small shred, put into some glasen vessell, & powre out so much sweet Oile as will couer them, and close stopt, let it stand in the Sun, or in some other hot place fiue daies, then boile it, and being strained from the herbs, take so many fresh herbs, and vse it as aforesaid foure or fiue times, and reserue it to vse as aforesaid.

It is hot, opening, resoluing, and mitigating paine: it heateth the reines, bladder, and Matrix, it taketh away the paines of them, and the Collick, if the belly be anointed therewith, or a glister made therwith, it is good for the sinewes, helpeth the Cramp, and putteth away cold humors.

Oile of Dill.

Take the flowers and leaues of Dill, &c. as afore of Rue. It mitigateth paine, openeth the pores, prouoketh sweat, resolueth vapors, impostumes, swellings, and hardnes in any place, and if the backbone be anointed, it easeth the paines and growing of sinewes.

Oile of Elder-flowers in the same manner.

It souppleth, cleanseth the skin, helpeth the weaknesse of the liuer, and the stopping of the same, and greatly asswageth the paine of the ioynts.

Oile of the leaues and flowers of Camomile, as of Rue and Dill.

It is good against the pleurisy, openeth the pores, resoluth vapors, correcteth the euill quality of humors, and is good for the sinewes, and abateth the paine marueilously.

Oile of sweet Mints, as aforesaid.

It comforteth a weake stomache, stayes vomit, moues appetite, helpeth concoction, and taketh away loathsomnesse.

Oile of Wormewood.

It is hot, and comforteth the parts that are too much colde, chiefly the stomack, prouoketh appetite, taketh away obstructions, and killeth wormes.

Oile of Rosis and of Rose buds.

It is good against inflammations, it coleth the burning and boyling of the stomacke, and fretting of the bowels, if it be giuen in glister, and to annoint that aketh, it taketh away the ache.

Of the Oile of Violet flowers.

It is good against all inflammations and heat.

To make Oile of Earth-wormes.

Take of Earth-wormes halfe a pound, of good Oile two pounds, of sweet wine two ounces: boile all together vntill the wine be quite consumed, then straine it and keepe it.

This Oile is good for the sinewes that are cold, and helpeth the paine in the ioynts.

Oleum benedictum.

Take of Oile two pound, Storax Calamit, Labdanum, Olibanum, Saffron, Gum Arabick, Madder, gum of the Iuy tree, Aloes Succotrine, Mastick, Cloues, Galingale, Cinamon, Nutmegs, Cubes two ounces, Gum Glamy a pound, Myrrhe Bdellium halfe an ounce, Galbanum six ounces, Spike an ounce, rosin of the Pine tree, Armoniak, Opoponax two drams: beat all to powder that is to be beaten and mix it with the Oile, and put all into a stillitory of glasse, with the head and receiuer so closed that no aire come out, setting your Limbeck vpon a soft fire twelue houres, increasing your fire from six houres to six, till all be stilled. This done, beat all the residence in the bottom of the Stil to fine powder, & with the same Oile distill it the second and third time as afore, and it shall be as it were Balme.

It is good against Crampes, Palsies, paines of the ioynts, cold Catars, greene wounds & vlcers, it comforteth the spirit, openeth obstructions, one drop in the eare helpeth the hearing: A rose-cake dipped in it and laid to the Temples, helpeth the Megrim, and taketh away the swimming of the head: an ounce in sweet wine drunke 3. daies together, cureth the disease of the Lungs and the quartaine Feauer. If you giue a spoonfull with wine thirty daies with a little powder of Piony roots, it helpeth the falling sicknesse: so that if the coronal commissure be also anointed, it easeth the paine of the french Pocks, and is good against the stinging of any venomous beasts, and for all diseases of the sinewes.

To make conserue of Roses, or other flowers. chap. 20.

Take buds of red Roses somewhat before they be ready to spread: cut the red part of the leaues from the white, and beat and grinde them in a stone morter with a pestle of wood, and to euery ounce of Roses, put three ounces of Suger in the grinding (after the leaues are wel beaten) and grinde them together till they be perfectly incorporated, thē put it in a glasse made of purpose, or else into an earthen

pot, ſtop it cloſe, and ſo keepe it. Thus ye may make Conſerues of all kinde of flowers commonly vſed for Conſerues.

The vertue of Conſerue of Roſes.

Conſerue of Roſes comforteth the ſtomacke, the heart and all the bowels, it molliſieth and ſoftneth the belly, and is good againſt blacke Choler and Melancholy. Conſerue of white Roſes doth loſe the belly more than the red.

To make conſerue of Violets. chap. 21.

Take the flowers of Violets, and pick them from the ſtalke, beat and grinde them with ſuger as you did your Roſes: to theſe put double the weight of ſuger to the weight of Violets, but to all flowers put three parts of ſuger to one part of the flowers.

The vertue of the ſame.

Conſerue of Violet flowers is good againſt the heat and inflamation of Choler, called yellow choler, it quencheth thirſtineſſe, it maketh the belly moiſt and ſoluble.

The vertue of conſerue of Bugloſſe. chap. 22.

Conſerue of Bugloſſe flowers comforteth the heart, it is good for the frantick, and for the melancholy: it is good for the ſincop and ſowning, it taketh away heart burning, and trembling of the heart or ſtomacke, it profiteth againſt choler.

The vertue of conſerue of Borage. chap. 23.

Conſerue of Borage flowers is of like vertue, it is eſpecially good againſt blacke Choler and Melancholy, it alſo maketh you merry.

The vertue of conſerue of Roſemary. chap. 24.

Conſerue of the flowers of Roſemary, comforteth the cold and moiſt braine, it comforteth alſo the ſinewes, it is good againſt melancholy and fleame.

To keepe Cherries conſict, or Gooſeberries. chap. 25.

Make your ſirrop as for Plums then take halfe a pound of Cherries, and cut off halfe the length of the ſtalke of every Cherry, put them into the ſirrop, and doe them as you did the Plummes, put in what ſpice pleaſeth you, and ſo keepe it as before is written; but make your ſirrop ſtrong enough of Suger, leſt it wax ſoure and corrupt: then muſt ye make a new ſirrop ſtronger of ſuger, & put the Cherries in it to keep, as before is ſaid: Thus may ye do with Gooſeberries to make of them Tarts or ſauces all the yeare long, ſaving that Gooſeberries

berries may be well sodden without breaking, because of their rough skinne, so it be softly and diligently done.

To make a Conserue or Jelly of Quinces, after my Lady Gray Clements sort, vnstrained. chap. 26.

Take six pints of faire water, put in a faire vessell, put thereto the whites of six egges, and with your hand all to beat the water and the egges together, till you shall sée your liquor rise with great fome: then put into your liquor six pounds of Suger, to six pints of water, that is halfe measure, if yée make it at Michelmas or at Hollantide: after that, fiue pounds and a halfe of Suger will serue six pints of water. Then set your liquor, egges, and Suger on the fire, and let them séethe till the scum arise: then take it off and scũ it clean and set it on the fire againe, and scum it still, as long as there will any foule thing or scum arise. Then put in twelue pound of Quinces with the coates taken out, so let them boile softly, and still scum it if any thing do arise: and when it beginneth to looke red, lay a drop of it vpon a paper, and when ye finde that it will stand vpon the paper, then it is sodden enough: then take it off, and let it run thorow a fine haire siue into your boxes, and with a spoone take off the froth aboue, and this will keep, but it must séethe soberly, and no rash fire, but a continuall reasonable fire.

To preserue Quinces all the yeare, as it was vsed for King Edward. chap. 27.

Take your Quinces and pare them, and séethe them in cleare water till they be tender, then put the water from them: then take Suger, and put water to it, to a pound and a halfe of Suger put halfe a pint of rosewater, so séethe them together till it be thick like a sirrop, and séeth them all till they be browne. Then take out the Quinces, and let the sirrop séeth againe till it be somewhat thicke, as yée sée the sirrop of Gréene Ginger. Then put in your Quinces againe, and let them séethe three or foure Peter Noster whiles, then take them from the fire, and put them in a stone pot, or a little vessell of wood, and thus keepe them all the yeare: If you list to put Cinamon, you must put to euery fiue pound of Suger one ounce of Cinamon, and if you haue no store of Rosewater, ye may make the same sirrop of running water, but it will not be so pleasant as rosewater, but it will doe very well.

To make Quinces in sirrop. chap. 28.

Take

Take thirtie Quinces, and take out the coares of them, and pare them, and euer as they be pared, caſt them in faire water: when they are all pared, take a pot of faire water, and put your Quinces in it, let them ſeethe till they be ſo tender that ye may put a ſtraw or ruſh thorow them: then take to your Quinces fiue or ſix pounds of Suger, and take ſome cleane water, as much as ye thinke will couer your Quinces, and put into this water your Suger, and foure or fiue whites of Egges all to beaten, ſo that there may riſe vpon them a froth. Then put them ſo drained into your water with Suger, and let that ſtand vpon the fire, till it hath ſodden a wallop or twaine. Then take a peece of a woollen blanket, and powre this water thorow with Suger and all: then put this water into a faire pot, and the Quinces together, and let them ſeeth till your Quinces be very tender, and euer as there riſeth any white or any thing, ſcum it off cleane. Then take out your Quinces, and let your ſirrop boile till a ſpoone will ſtand in it, and when your ſirrop is cold, put in your Quinces and ſtop it cloſe, and within three daies looke vpon it againe, and if the ſirrop wax thicke, take more water and Sugar, and drelle it as afore written, and when you haue put it thorow a cleane cloth, then take the quinces and the new ſirrop, and put all together, and let them ſeethe a while: then take out your Quinces and let the reſt ſeethe till it come to a ſirrop, and when your ſirrop is cold put your Quinces in, and ſo keepe them all the yeare, but before that your ſirrop be thicke enough, or elſe it will marre all: you may not put in your Quinces at the ſecond ſeething, till your ſirrop be ſomewhat thicke, for they be not put in to ſeethe, but to ſoake out the watrineſſe of the firſt ſirrope, and therefore they may ſeeth but a little while of the ſecond ſeething.

To make conſerue of Damſons. chap. 29.

Take Damſons and waſh them in faire water, and drie them with a cloth, and put them in an earthen pot, and fill your pot with them, and couer your pot with a peece of paſte, and put your pot in an empty Ouen, which was filled with bread, & then put in your pot after the bread is out, & ſtop it very cloſe, & let it ſtand foure houres. Then take it out, and put your Damaſins in a peece of thicke Cannas, and let the liquor that runneth from thē, come into a faire pan, & in any wiſe breake not the Damaſins that be in the cloth to haue

more liquor, for you must haue no liquor but that which commeth from them. Then take a faire boyling pan, and put your liquor in it and put to it as much beaten Suger of the finest, as ye thinke will make it sweet, and seethe it vpon a quicke fire, and when ye thinke it is enough, take a sawcer, and with your stirring sticke let a drop fall vpon your sawcers side, & if it be enough it will be somewhat stiffe. Then take it from the fire and put it into your box, also you must stirre it still.

To preserue Damasins. chap. 30.

You must take for every pound of Damasins halfe a pound of Suger. First make your sirrop with Suger and rosewater, and when you haue boiled it a while, then put in your Damasins, so that they lie not too neare together, so let thē boile till they be red at the stone, then take them out, and put them in a platter & then put in more to the same sirrop, and let them boile as the other did: and when they be all boiled and cold, close the shimes as close as ye can, & powre on the liquor being hot, and so let them stand a while or euer that you put them into the glasse.

To make Wardens in sirrop. chap. 31.

Take Wardens, and cast them in a faire pot, and boile them till they be tender, then take them vp and pare them, and cut them in two or three peces, and take powder of Cinamon a good quantity, and put it in red wine, and straine them, and cast thereto Suger. Then put it in an earthen pot, and let it boile together, and when they are well boiled, take powder of Ginger, and colour it with saffron, and loke that it be poynant and dulcet.

To make Prunes in sirrop. chap. 32.

Take Prunes, and put Claret Wine to them, and Suger, as much as you thinke will make them pleasant, let all these seethe together till ye thinke the Liquor loke like a sirrupe, and that your Prunes be well swollen: and so keepe them in a dossell as you doe greene Ginger.

The vertue of conserue of Succorie. chap. 33.

Conserue of Succorie is good against yellow and blacke Choller, and for the burning and heat of hot Feuers.

The vertue of Conserue of Eldern flowers. chap. 34.

Conserue of Elder is good against the Apoplexy, it cleanseth the stomacke and the whole body from scabs.

Gather the clusters or bunches whereon the flowers grow, when they are new blowne or spred, lay them vpon a faire sheet abroad in a chamber a day or two till ye shall perceiue the flower will shake off and fall away: then pick them cleane, and make thereof conserue as you do of other flowers.

And whereas it is more wholesome than pleasant, therefore put some other conserue (such as ye list) amongst it when ye will vse it.

The vertue of Conserue of Sorrell. chap. 35.

Conserue of Sorrell is good against all kinde of heats of the stomache, and other principall parts of the bodie, and against yellow Choller.

Make leaues of Sorrel, wash them cleane, and shake off the water cleane, or else tarry till the water be dried cleane: beat them and grinde them with Sugar, as aboue, and then keepe them.

The vertue of conserue of Maidenhaire. chap. 36.

Conserue of the leaues of Maidenhaire, is good against the sicknesse of the side, called the Pleurisie, and for all the diseases of the breast, and of the lights, and in all maladies of Melancholy and against red choller.

Make it as ye doe conserue of Sorrell.

To make conserue of Elicampana roots. chap. 37.

Take the roots of Elicampana, wash them cleane, slice them in to peeces as big as your thumbe, sethe them in faire water till they be tender, take them vp and powne them, and draw them thorow a haire sive: put thereto in the second sething the double or treble weight of Sugar, and when the Sugar is perfectly incorporated, take it off, and keepe it.

The vertue of the same.

Conserue of Elecampana is a good comfort to the stomacke, and ye nourishing of the members, it marueilously looseth tough fleame, dissolueth and consumeth the same, by the siege it auoideth it.

To make conserue of Acornes or Gladen, with the vertue of the same. chap. 38.

Take the rootes of yellow Flower-de-luce: which groweth in moist ground otherwise called Flagge root: wash them and scrape

them, seeth them, and order them as ye do of Elicampana, now last before rehearsed, and so keepe it. This conserue is good against all sicknesse of the braine, and sinewes, & against all diseases of breame. Unto women it openeth naturall course and tearmes.

And you must generally learne, that in making conserues, fruits and roots are made with fire and seething: Moreouer, the more Suger and honey is put into them, so it be not past three pound to one, the conserue shall continue the better.

To make conserue of Strawberries, with the vertue of the same. chap. 39.

Take Strawberries one quart, cleane picked and washed, set them on the fire till they be soft, straine them, put thereto two times as much Suger in powder as the weight of the Strawberries, put it in a glasse or earthen pot well glazed.

The vertue of the same.

The conserue of Strawberries is good against a hot liuer, burning of the stomacke, and specially in the feruent heat of an ague.

To make conserue of Cheries and Barberries. chap. 40.

In like sort you must make conserue of Cherries, & also of Barberries, sauing that these require more Sugar than the other doe, which are not so sowre as they be.

Here is to be noted, that of conserue of fruits may be made Marmalade: for when your conserue is sufficiently sodden, and ready to be taken off, then seethe it more on height, and it will be Marmalade. Moreouer, some make their conserue, Marmalade and sirrops with cleane Suger, some with cleane honey clarified, some with Suger and honey together: and after the opinion of some great Clarkes, honey is more wholesome, though it be not so toothsome as Suger.

To make all kinde of sirrops. chap. 41.

Take Buglasse, Borage, white Endiue, of each one handfull, of Rosemary, Time, Hysop, Winter sauory, of each halfe a handfull: seethe them (being first broken betweene your hands) in three quarts of water, vnto three pints, then straine it, and put in the liquor whole Cloues an ounce, powder of Cinamon halfe an ounce, powder of Ginger a quarter of an ounce, one Nutmeg in powder, of

Sugar halfe a pound and more: let them seeth vp on a soft fire, well stirred for burning to, vntil it come to the thicknesse of like Hony, then keepe it in Gally pots. If you put one pint of Malmesey in the second seething, it will be better. When it is perfect, haue 6. graines of fine Muske in powder: stirre it among your syrop as ye put it into your Gally-pot, and couer it.

This syrop will last many yeares, and is excellent against sowning and faintnes of heart: it comforteth the braines and fine wos, if it be vsed as much as a Hasel nut at once, at your pleasure.

A Violet powder for woollen Clothes and Furres. chap. 42.

Take of Irros two ounces, of Calamus Aromaticus three quarters of an ounce, of Cypres, of Galingals, of Spikenal, of roses dried, of each a quarter of an ounce, of Cloues, of Spike, of Lauender flowers, of each halfe an ounce, of Nigella Romana a quarter of an ounce, of Beniamin, of Storax Calamit, of each halfe an ounce, let them be all finely beaten & searced. Then take two or three graines of Muske, dissolue it in Rose-water, and sprinkle the water vpon the powder, & turne it vp and downe in the sprinkling, till it haue drunke vp the water: when it is dry, keepe it in bags of silke.

A sweet powder for Napery, and all linnen clothes. chap. 43.

Take of sweet Pariorum (that which is hoary is the sweeter) when it hath in him seeds ripe, cut the branches, so that the cut may spring againe: when the Pariorum is dried, then rub out the seeds, and keepe them to sow about Easter, and the huskes and leaues that grow about the seeds take for your purpose, rub them small, (for if you beat them to powder in a mortar, they will lose the most part of their sauour) then take of white Saunders, or gray Saunders, but loke that they be neld of right sweet sauour, for if they be old and haue no pleasant and quicke sauour, they are nothing worth. Take (I say) of these sweet Saunders beaten into fine powder, an ounce, and put it into an ounce of your sweet Pariorum, rubbed betweene your hands, as before is said, and if you put one or two graines of Muske thereunto for your sweeting, I iudge it is the better: sow these vp in a silke bag together, & lay it among your linnen: of such bags haue a dozen

or two, which there will continue many yeares, and when you looke to your linnen, then chafe each of the bagges betwixt your hands that they may yeild out their sweet odor. Moreouer, in the Summer time gather red roses in faire weather, so soone as they be blowne and opened, lay them vpon a table, a bed, or faire floore of boords, and now and then remoue them, lest they mould and war fustie. When they are dry, picke off the leaues, that you may haue two pecks of them, then strew them among and betweene the boughes, and folding of your linnen, with one handfull of dry Spike flowers to fiue handfull of dry roses, and lay your sweet bags amongst them. Be sure that your linnen be euer throughly dry ere euer ye lay thē vp, or else the roses will war haze: set your coffer in a dry ayre, and in the winter time or wet weather, when you perceiue your roses to waxe moist, then put them in a pillow-beare or twaine, that they fall not out, and lay them vpon your bed betweene the coverlet and the blanket all night, or else before the fire, let them dry and strew them againe. Moreouer, ye must alwayes haue a bag full of dry roses in store, kept in a dry aire: for if he lose his redneſſe, then loseth the rose his sweetnesse. Finally, you must euery yeare put away your old roses, and occupy new, but keepe your sweet bags still many yeares.

To make a Pome-amber. chap. 44.

Take Benioin one ounce, of storax calamite halfe an ounce, of Labdanū the eighth part of an ounce, beat them to powder, & thē put them into a brazen ladle with a little Damask of rose-water, set them ouer the fire of coales till they be dissolued and be soft like wax, then take them out and chafe them betweene your hands as ye do wax: then haue these powders ready finely searced, of Cinamon, of cloues, of sweet Saunders, gray or white, of each of these three powders halfe a quarter of an ounce, mix these powders with the other, and chafe them well together, if they be too dry, moisten them with some of the rose water left in the ladle, or other: If they wax cold, warme them vpon a knives point ouer a chasindish of coales, then take of Amber-greece, of Musk and Ciuet, of each three grains, dissolue the Amber-greece in a siluer spoone ouer hot coales, when it is cold make it small, put to it your Musk and Ciuet: then take your Poune that you haue chafed and gathered together, and by little and little (with some sweet water if need be) gather vp the Amber, Musks and Ciuet, and mix them with your hand, till they be perfectly

fectly incorporated, then make one ball or two of the lumpe, as yee shall thinke good, for the waight of the whole is aboue two ounces, make a hole in your ball, and so hang it by a lace.

If you perceiue that the ball is not tough enough, but too brittle, then take a curtesse of Storax liquida, and therewith temper your ball against the fire, but take not too much Storax liquida, because it is too strong. Or the better way is to haue some Gum, called Dragaganthum ready dissolued in sweet water, it will be dissolued in two daies, and with that gather your ball with the heat of the fire: this ball will be of like goodnesse within as without, and of great price.

Some men put in the making hereof three or foure drops of Oyle of Spike, beware of two much because it is very strong.

When you will haue your ball erceed in sweetnesse, breake it and haue two or three graines of Muske, or Ciuet, or Amber-greece, as you delight in, or altogether dissolue them in Rose or Damaske water, and with the same chafe your Ball ouer the fire, till it bee drunken in, then pearce a new hole as before.

To make a fine Fumigation to cast on the Coales. chap. 45.

Take of Beniamin one ounce, of Storax Calamit halfe an ounce, dissolue them as for a Pomeamber: then haue ready these woods, powders or one of them, Ginger or Cypres, or of white Saunders, and Cloues, of either halfe a quarter of an ounce, all in fine powder: mix them all together, and with some Storax liquida, gather them together, with the heat of fire: then make them round, of the bignes of a blacke floe, & with your selfe print it a cake, while it is warme and soft.

Of these cast one or two vpon a chafing dish of coales, to purge all pestiferous and corrupt ayre out of your house: if you put to the other things the powder of Amber beads, it wil be the sweeter. Some put also Labdanum, as before said, in making the Pomander, herein do as the sauour shall please you.

To make the same in Osters. chap. 46.

Take a little of fine powder of Sallow, of willow coales, mix with it some of your fumigation last before named, in the making, worke them well together, then fashion it with three or foure feet, like a Cloue, and when it is dry, kindle the end of it at a quicke coale, and it will yeeld a sweet sauour: put not too much coales

for then it will sauour of them; put not too little coales, for then it will not keep fire; put not too much Storax liquida, for then it will be too brittle and too moist, and will not lightly dry: therefore it shall be very well to haue some Gum of the Cherry-tree, or Plum-tree, which they call Gum Arabicke: dissolue some of it into sweet water, till it be liquid and tough: with this gather your Oselets, or other Fumigations.

A moist fume vpon a fuming dish. chap. 27.

Take a peece of Pomeamber, as big as a Hazell nut, bruise it, put it into your fuming dish, with sweet water: put thereunto a few Bay leaues, as much of dried Basell leaues, a little Rosemary, and set it ouer the fire vpon a cupboord, or else in stead of the Pomeāber, put two or three of the Cakes before written, broken small, and nine or ten whole Cloues: and if you will haue it excellent sweet, then put one or two grains of Muske, and let the leaues and them stand ouer the fire together, as before is said.

A Fumigation for presse and clothes, that no Moath shall breed therein. chap. 48.

Take of the wood of Cypres, or of Iuniper, of Rosemary dried, of Storax Calamite, of Beniamin, of Cloues, alike weight, beaten into fine powder, then take of the powder of Mosswood leaues dried as much as all the others, mix them well together, cast thereof vpon a chasing dish of coales, and set in your presse, and shut it close: and thus do oft-times, till you haue well seasoned your presse or coser.

A perfume for a Chamber. chap. 49.

Take Rosemary, Sweet Marioram, Baylaues, of each a handfull, a penniworth of Cloues, Wineger and Rosewater, a sufficient quantity, boyle these in your perfuming pot, which smell is sweet and wholsome.

A perfume of Damaske. chap. 50.

Take Storax Calamite fiue ounces, Beniamin, Labdanum foure ounces, Cinamon one ounce, Muske foure graines, cloues a dramme, Rosewater halfe a pound, stamp them together, and when you will occupy them, put them into your perfuming pan, and boyle them.

An odoriferous sweet ball against the plague. chap. 51.

Take Storax, Labdanum, of each a dram, Cloues halfe a dram, Camphire halfe a scruple, Spichnard a scruple, Nutmegs a dram,

of

of al these make a paste with Rosewater, tempered with Gum Tragagant and Gum Arabick, stirring and bruising them well; of this paste make your balls, and warme them.

An odoriferous white powder. Chap. 52.

Take Iries eleat three ounces, Whyte Saunders two ounces. Damaske Roses, Lignum Aloes, Beniamin, Cypri Alexand. of each two ounces, Muske foure graines, Ciuet three graines; beat and sift them by themselues, and incorporate them in the same morter you beat them in, and keepe it in a vessell well stopped.

A fine reade powder. Chap. 53.

Take Damaske Roses two ounces, Sandall Attrini one ounce, Ligni Aloes, Ligni Aler. of each a graine, fine Muske three drams, Ciuet two drams: mixe them and beat them, and keepe them together as before.

A sweet blacke powder. Chap. 54.

Take Cipri Alexand. Ligni Aloes, of each halfe a dram, Sandall Citrini, Damaske Roses, of each one ounce, Cloues three graines, Muske three graines, and as much Ciuet; beat these together, and keepe them close in a viall well kept.

A powder wherewith to make sweet water. Chap. 55.

Take the wood of Cipresse, or the root of Galingale one quarterne, of Calamus Aromaticus one quarterne, of Orace or Iris one quarterne, of Cloues one quarterne, of Beniamin one quarterne: or ye may take of each of these 1. ounce for a portion, let al be beaten into powder, and when ye will distill your roses, fill your still with rose leaues, and a few Spike flowers, and vpon the top of same, strow some of your powders, and so distill them.

Some put a little of the powder of Nigella Romana, to the other powders.

These Cakes will be very sweet, put the water in a large glasse, and to the pot put twelue graines of Muske, let it hang in the midst of the water, in a thin linnen cloath with a thred, set it in the Sunne twenty or thirty daies, then take the glasse in, & set it in a dry ayre.

Conclusion and rules to be vsed in distilling, and the ordering of each hearbe or flower before they be distilled. chap. 56.

First, a soft fire maketh sweet water, and the sweetnesse to continue strong.

Secondly, scales Still the best water.

Thirdly, wash nothing that you will still, but wipe it with a cleane cloath. Fourthly, all hearbs, flowers and seeds, must be gathered when the dew is off them.

5. That which you will Still, must lie at least six houres before you Still it.

6. All spices corrupt your water, except Amber-Greece, Cinet, and Musks.

7. Scumme your water well.

8. Keepe your Still very cleane.

9. Wash your Still, but not often, and then dry it with a cloath.

10. The glasse Still is best, the Tinne next, the earth not so good as the Tinne, and the Leaden is worst of all.

11. Tender flowers, as Violets, Gilliflowers, and such like, would be distilled in a Glasse.

12. All compositions must be stopped close before, and in distilling diligently weighed or measured.

13. Liquid waters must have greater fire, then dry & light waters.

14. Still not your glasse too full.

15. Put store of ashes under your Still, that your Still burne not

16. Wipe the upper part of the Still often, but specially the ridge

17. Diligence in looking to all things.

18. Borage must be distilled : the hearb with the root chopped together.

Pyssope, the leaues stripped from the stalke, when it beares blew flowers.

Camomille, the hearb and flower chopt together in the middest of May.

Dill, the hearb in the beginning of May.

Fumitory, the whole substance chopped in the end of May.

Mint, either red or other, the hearb, stalke, and leaues chopped, in the middle of May.

Roses, the flowers, cutting away the white ends.

Rosemary, the flower, bud, and leaue, stripped from the stalke in May, in the flowring.

Sentory, the hearb and flowers chopped in the end of June.

Violets, the flowers in Aprill.

Woodbind, the flowers in the beginning of June.

To

To make water of the same colour of the flowers that you distill. chap. 57.

First, distill your water in a Stillatory, then put it in a faire glasse, and take the buds of Roses, and cut away the white, and put the leaues into the Rilled water, then stop the glasse, and put it into the Stillory to Still, putting hearbs into the Still for feare of burning: After this, straine the water from the leaues, and scum it well.

A compound water to perfume Gloues, or other things. chap. 58.

Take Damaske water double Rilled, a pound, Muske tenne graines, Ciuet three graines, Amber-Greece foure graines, beat all these together to powder, and put it into the water aforesaid, and stop it close, and vse it without any more stilling

To make Damaske water. chap. 59.

Take Damaske Roses, and Red Roses, of each a handfull, let them dye foure houres in the shadow: then take two drams of Labdanum, Nigellæ Romanæ, two pennie-worth, Irois halfe an ounce, Storax two drams, Cloues an ounce, Beniamin, Calamus Aromaticus, Nutmegs, of each halfe an ounce, Mariorum, Bazell, of each halfe a handfull: bruse the spice, and put it in Malmsey, or the lees thereof the space of foure dayes: then distill it and scum it fourteene dayes.

Another manner of making Damaske water. chap. 60.

Take of Orace, or Iris, of Spike flowers dried of Cloues, of each an ounce, make them in powder, put them together, with a pint of new Ale in Cornes, and one pint of Rose-water in an earthen pot, put thereto a great many of greene Rose leaues, let them soake in a night-time stopped close: in the morning when you shall distill, first lay other Rose-leaues in the bottome of your Stillory for feare of cleauing too, then take of the Rose-leaues out of the pot, and put them with other greene Rose-leaues, in your Stillorie sufficient, and to the water put Muske, as is aboue said: This water is excellent to set forth a Tart, or Apple-Poyse, or Almond-butter.

To make a sweet Damaske powder foure manner of wayes.

Take two or three handfull of dried Roseleaues, two graines of Muske, halfe an ounce of Cloues, and beat all these to powder.

2 Another way.

Take six ounces of Orace, foure ounces of Cloues, two ounces of Storax Calamite, an ounce of Labdanum, with two ounces of yellow Saunders, and a little Muske.

3 Another way.

Take two ounces of Cloues, foure ounces of Spruce, foure ounces of Storax Calamite, foure ounces of roses, three ounces of Beniamin.

4 Another way.

Take three ounces of Cypres, foure ounces of Beniamin, two ounces of Coriander or Labdanum, three ounces of Storax calamite, two ounces of Roses, beat all to powder.

To make Pepper soft with the vertue of the same.

You shall doe this after the same manner as is shewed for grene Ginger, in the 15. chapt. that is, with sand, and the like syrope, season and keepe them. Ginger and Pepper in syrops comforteth a cold stomach, and helpeth much to good disgestion.

To keepe Barberries.

Take clarified suger, and boyle it till it be thicke, which you shall perceiue, if you take a little betweene your fingers, it will rope like birdlime, then put in your Barberries, and let them boyle with a soft fire, vntill you perceiue they be tender: then put them in a glasse and couer them, and so keepe them.

The knowledge of the names and naturall disposition of diuers diseases, that most commonly happen to molest and grieue the bodies of men and women.

Chap. 59.

ELephantium, is an euill which is easie to be knowne.

2. Gout Cain, is *Morbus caducus*, that is to say, the falling sickenesse.

3. Epilepsia is the same euill, or very little difference.

4. Lytargum, is a perillous euill, for he that is therein, is alway sléeping: for it hath beene seene, that a man in that euill hath slept himselfe to death.

5. Squinantia, is an euill, that is in the throteboule, and when it taketh all the necke, it is a signe of death, except medicine helpe.

6. Sciatica passio, it is a passion that sitteth in the Wirrel-bone of the hip, and holdeth his course betweene that bone and the Ridgbone, and then falleth, but his abiding is most in the Wirrel-bone.

7. Colica passio, is a passion that is in a mans Arse-gut, but it shooteth into all the guttes, and into the flanke, but his most paine is principally in the Arse-gut, and that stoppeth both wind and water.

8. Postema, is in diuers manners both within the skin and without the skin, and within the body, for all manner of things that swell beare out the flesh, & therefore all manner of Boyles, Botches, Fellons, & other such like, may be called Postema, as well as those that be vpō the stomack, or on the lunges: There be some that beare proper names, as Peripneumonia, the which is an impostume that is vpon the lungs, that engendreth a passion, that is called in Latine Aspi-

ratio, or Respiratio: and it is called in English, hard drawing of wind: that when a man hath much paine to draw his wind, which maketh the Lungs to be in paine, for it presseth downe the Lungs, and causeth them to be hot and drie, and that maketh a man to cough:

9. Pleurisie, is another Impostome that lieth upon the sides, and upon the ribs, and aketh sore. And he that is so diseased, commonly he is coughing: and the humor is red, and they be much wanking, and may not well lie on that side.

10. Also there is an Impostume, that is called in Latine, Anutrix, and Antracis: and it is called in English a Fellon, and they be hotter of mater then the other that goeth out of Byles and Fellons when it is rotted.

11. Tuna is a white watry Skall, and Acorias is a dry Skall.

12. Caries is in a manner of an Impostume, that is like a Wart, that bringeth forth a long haire, or two, or three.

13. Caries is the rooted head of a tree.

14. Derias is a Wart. And Cicatis is called and Impostume, as it is said here before.

15. There is an euill that is called Riteria, and there be two of them: that is to say, the blacke and the yellow: and especially the blacke, which commeth of the chasing of the Liuer.

16. Also there is an euill which belongeth to women, that is called Menstruous, the which is a flux of blood: And there is another that belongeth to women, that is called the paine of the Matrice, which containeth from the Matrice to the priuy member. But the Matrice of it selfe is like a three corner'd purse, as it may be made in figure: And that hangeth by certaine strings by the ribs, and by the intrailes, and so it stretcheth downe to the priuie member, which is called the mouth of the Matrice. You shall vnderstand that the Matrice hath in it self nine folds, which falleth like pleates of cloath, and in those pleates falleth the seed of man, and therein is it nourished, and therein is the child conceiued, by reason wherof it might be possible, that a man might get on a woman nine children at once, and if they were of such complexion that the woman might conceiue in euery fold a childe, and it if fortuned the seed of man to fall euen in the

pleates,

plentes, as it may fall: And if it falleth on the one side it getteth a manchilde, & if it falleth on the other side it getteth a woman childe and if it fall euer in the middle, it is like to be both the male and the female. And therefore, it is all in God, that a man might know the great might and goodnesse of his secrets.

17. Also there is a maladp that commeth of the childes birth, and that is when the childe commeth forth, there commeth therwith a skinne, the which is engendred of the seed of man: And it lieth in the matrice, and it is diuided in two parts, whereof one commeth to cleane blood, and afterward ingendreth to a peece of cleane flesh: And then that flesh putteth from him a white thicke matter, & that matter engendreth a skin, which skin taketh and windeth in the cleane matter aforesaid: and euermore as the childe formeth and wareth, euen so the skin wareth with it. And the same skin is called the Secundine: and it keepeth the childe from many perills that should fall therto, if that were not: for it closeth in the childe, like as the shell encloseth in an egge: for first the shell of an egge, was a skin in the beginning of the egge: Wherefore, in this case the skinne is called the Secundine, for it beareth vp the Childe: and when this Secundine is any thing pearced or hurt, there is the childe borne before his time. This Treatise is drawne out of a Chapter called Gilberrus, which saith, that there be fiue principall things that hindreth the birth of a Childe. Whereof one is, when the woman with childe is very sore wrought and angry. The second is, when she is smitten with a staffe. The third, is ouer much fasting. The fourth, is a great feare of her wombe. And the fifth, is a fall vpon the wombe: For all these things hurt the Secundine, and maketh the childe to be borne too soone, which destroyeth both the woman and the child: for then the womans is not kindly purged of the Matrice, and then is the Secundine euill for to heale: and if it be not well taken away of the Midwife. And except shee doe her endeuour well, then it will rotte, and make a woman great as though shee were with childe.

And then there is another disease, that is, if it fortune that the childe be dead in the wombe, that hath a proper name in Latine, and is called Fœtus, of what kind soeuer it be, & if it be dead it may be said so, and in English it is called a dead childe: wherfore all manner me

I charge in Gods name to take heed whosoeuer ye be that reade this Treatise, that ye blaspheme not, nor despise this, being the works of God, wherby ye may plainly vnderstand how yee were brought into this world.

18. Also there is another malady, that is named in Latine Caninus appetitus, or Morbo Canino, that is, when an vnkindly heat is in the stomack & in the body. And so the moisture that should be in the stomach, fumeth away, and the heat bringeth vp the moisture, and he that hath that malady is very costiue.

19. Also there is another malady that is called in Latine Etica passio, that is, an euill that maketh a man to dry and vanish away: And in English it is called the Drinesse: howbeit the proper name thereof is Etick, and the man that hath that sicknesse shall consume away, but yet he shal be euer eating, and it is the very tokens of mortall death.

20. Also there is another disease properly called in Latine Fluxus ventris, which may be vnderstood in English, all manner of nesh wombed people, otherwise called the bloudy Flux.

21. Also there is another Fluxe, called in Latine, Lienteria, this is a fluxe of the wombe, and this commeth when the stomacke is all slipper and the matter goeth away vndigested.

22. Also there is another that is said in Latine, Dysenterium, and that is when the guts make squamles in the manner of shauing of guts, and no other, as men shall heare after.

23. And there is another disease that is called in Latine, Thenasmon, and that is euen contrary to that before, for Thenasmon is, when a man is very costiue and hard wombed.

24. Also, there is another infirmitie that is called in Latine Emoroides, and that is of great abundance of bloud, and there will arise small teats, as it were warts, that will lie within the fundament vpon the gut, and without both.

25. There is another that is called in Latine Exitum, and that is the going out of the fundament, for the gut of the fundament will goe out, and that is a sore euill.

26. Also there will come out of a mans nose much foule filth, and thereof great abundance, some like gobbets of flesh, right in his kinde, like as Emeroides will doe, and that is called in Latine, Polipus.

Also

27. Also there is another disease or malady, that is called in Latine Malum mortuum, & the sore that commeth thereof is called in English a Mormall: but know ye well, that his beginning is of a Melancholy in the body of man: and it is taken for one of the spices of the Scab: and properly it commeth of a naturall Melancholie, when it is putrified and corrupt of naturall melancholy, and in some men it is mingled with salwe fleame, and be both gendred together of too long biding unwholesome meats: And sometime it commeth of the stopping of the Splene. For when the splene may not receive the Melancholy, then by his humors he is heavy of waight, & presseth it downeward to the legges, and then beginneth the pushes to breake out, & they be called Malum mortuum. Another cause why it is called Malum mortuum, for it maketh the members as it were dead, or else that it were flesh: And it is called so because it is not so quicke in working as other sores be, neither in engendring of new flesh, nor mattereth not as other sores do, but alwaies is hot & dry: and moreover, it will not away till a man die, except he be the more warie, and it sooner taken heed to: For the Melancholy is the onely cause thereof: And his colour is to be swarthy, and as it were a party blew, and hard: and commonly it is full of stones and hard dead flesh, and there will goe out thereof in a manner of a red water like as if there had beene raw flesh washed therein: and it will close in many places, and when it is closed in one place, it will breake out in another: And when it is surely of the Melancholy, the pushes will be blacke and blew, and the place will itch sore, and bee full of dead flesh, and with salwe fleame it will itch: also it will be full of sores and boyles arising thereupon. Also take heed of his digestion, for it will be of great colour, and much quantity of urine and thicke. And know well that he that suffereth it, an euill commonly haunteth him, that is called in Latine Dediamine, and al they which are infected with that maladie, there will appeare haires thereupon, as doth upon a Leaper, but upon his maladie the haire shall be blacke, and upon a Leaper the haire shall be white and red: And a naturall knowledge and a true description are all these afore rehearsed.

Diuers

Diuers necessary obseruations both Physicall and Astronomicall, chap. 62.

Moreouer, it is to be vnderstand, that euery moneth in the yeare, the Moone hath her course in one of the twelue signes: and in euery signe the Moone is two dayes and a halfe almost. And ye shall know also, that the twelue signes haue gouernment of euery man and beast in the twelue parts of the body. And whyles the Moone is in euery signe, if the body be letblound, or else wounded, or burnt, all the medicines that are vnnot serue in that signe that hath the gouernment in the place of the body, and it is marueil but that the body be sone dead, or else distraught for euer.

Aries hath the gouernment of the head and face.

Taurus the necke, the throat, and the knot of the throat.

Gemini the shoulders, armes, and hands.

Cancer the breast, the stomacke, the ribs, the lungs, and the milt, in the vpper part of the breast.

Leo the heart, the stomacke, and the ridge in the nether part of the breast.

Virgo the wombe, with the intrailes, and the paunch.

Libra the reynes, the loynes, and the web of the skinne, that couereth them, with the haunches, and buttocks.

Scorpio the priuy members, and the fundament.

Sagittarius the thighs.

Capricornus the knées and hammes.

Aquarius the legges from the knées to the ankles.

Pisces the wastes and the feet.

Also it is to be vnderstood, that a Laxatiue must be taken when the Moone is in Cancer, or in Scorpio, or in Pisces, and when the wind is in the South then is it best time to take a Laxatiue.

Also if ye should assist the Medicins, make it in the signe retentiue, as Taurus, Virgo, and Capricornus, and when the wind is in the North.

Also when he shall be let blood, loke that the Moone be in a signe attractiue, as Aries, Leo, or Sagittarius. And loke that it be not in the new Moone, neither in the old Moone too nigh the change. For in the new Moone the blood is waxing, and in the old Moone the blood is waining, and therefore take a full Moone.

Also

Alſo if yée will giue a digeſtiue medicine for to deſſe any humors, giue it when the Mone is in a digeſtiue ſigne, as in Gemini, Libra, or Aquarius: and if ye worke by this teaching, yé ſhall do much the better, or elſe it will not goe by reaſon.

Alſo, beware, in theſe dates in letting of bloud, that is to ſay, in the Canicular dates, the which begin eighteene dayes before Lammas vntill xxvb. dayes after Lammas, for they be titled in the Kalender. It is to be vnderſtood, that euery day beginneth at high none, as the Sunday beginneth his firſt houre on the Saturday before afternone. And the Sunday, after the day, beginneth before the Sun riſing at euery day. It is to be vnderſtood in the Sunne riſing of euery day in the firſt houre of the Planets: as to account after the Planet, the which Planets the dayes were marked in old time. For in Latine and French they haue taken their names kindly after the Planets, but in Engliſh not ſo. Sunday taketh his name of the Sun, Monday of the Mone, Tueſday of Mars, Wedneſday of Mercury, Thurſday of Iupiter, Friday of Venus, Saturday of Saturnus. And in this order ye ſhould account the houres of euery day by the Planets. If it be Saturday, the houre of the Sun riſing, which that day gouerneth by Saturnus, the next day after by Iupiter. And ſo in order reckon out the ſeuen Planets, and riſe as oft as needeth, vntill the foure and twenty houres be fully ſpent. And this is the courſe of all the Planets of all the yeare: and if ye be let bloud, then looke that ye bleed in a good Planet, with the ſigne that ye be taught to bleed in. Iupiter and Venus be good Planets to bleed in, and Saturnus and Mars be naught: and the Sun and the Mone and Mercury with good ſignes they be good, and with bad ſignes they bee bad. They be called good ſignes that be ſanguinious, and they that be Melancholious be called bad ſignes: and they that bee Tholericke and Flegmaticke ſtandeth in meane: And therefore beware and keepe your rule, as it is ſaid before.

Certaine secret remedies appertaining to Women.

To make a woman haue her flowers. chap. 63.

First loke that the woman be not with childe: then take of the root of Gladen a good quantity, and boyle it in Wineger, or else in Wine till it be tender: and after set it on the ground in a vessell, that the woman may stand ouer it, and let her stand close ouer, so that the heat may strike vp into her body, and this shall helpe her: for this faileth neuer. Probatum est.

For the suffigation of the Matrice, and for the falling of the same. chap. 64.

Take Aspaltum, that is, Tarre of Indie, and cast it vpon the hot coales, and let the woman receiue the smoke into her mouth, and into her nose, and it shall driue the Mother downe anon.

For sore falling of the Matrice. chap. 65.

Take the same powder aforesaid, and cast it on hot coales vnder a siege stoole, and let the woman sit ouer it, and sew her with the fume, and top the siege stoole close with clothes, so that there goe no aire out, and it shall driue the Matrice presently, the sauour thereof is so effectuall. Probatum est.

For the flowers to be brought out shortly. chap. 64.

Take the root of Gladen and make it cleane, and shred a good quantity thereof small, and put in an earthen pot, and put thereto a good quantity of Wineger as need requireth, and then take a coner and couer it close with paste, but let there be a hole in the middle of the coner, and the couer be of a dish meet for the pot, and let the hole be no more but to put in a quill. And all the while that it is boiling, let that hole be stopped with paste, that no aire go out, vntill that time that the roots be soft. Then take it from the fire and let it coole till the great heat be past, so that the woman may suffer it: and looke that you haue a chaire with a siege, then take a quill for a pipe that is fit for the hole of the dish that couereth the pot, and vnstop the hole, and put in the pipe, and set the pot vnder the siege, so that the pipe may come vp through the siege, that the woman may receiue the other end of the pipe into her body, as warme as she may suffer it, so that the heat may strike vp into the Matrice, and it shall open the Matrice, and she shall haue deliuery right soone: and as soone as she knoweth that it commeth, doe it away, and she shall be whole by the grace of God.

For

For the Mother rising vpward. chap. 67

Take halfe a pinte of Malmesey, and set it vpon the fire in a pece, and dissolue therein ʒ s. of Assafetida, and let it stand so ouer the fire the space of two Creeds saying, and then giue this to the woman to drinke, and it will put downe the Mother presently.

For the Mother that riseth vpon a man. chap. 68.

Take Ambrose, called wilde Suger, and drie it in the Sunne, and make a powder thereof, and when the Mother riseth vp to the heart, giue him to drinke a quantity of that powder with a little warme liquor, and it shall bide anon.

To bring forth tearmes. chap. 69.

Take Organum and boile it in Wine, and emplaister it to the priuy member. Also take Cotton and wet it in Turpentine, and make a Suppository. Also take Calamint and Peniroyal, and boile the same in Wine, and let her drinke thereof. Also take Parsnip, and Astrolia longa, and boile them in Wine, and giue the sicke to drinke, or else make a Suppository, and it taketh away the ache of the Matrice, and spedily bringeth forth the Secundine and prouoketh the Tearmes.

Another.

Stew her with these herbs, Organum, Calamint, Sauine, Moderwort, Peniroyall, roots of Lillie, and Madder, and make a Pillary: Or else Magdalon, and put it in a strong linnen cloth, and put it in her Fundament.

Also take Oile that a Coord is sodden in, and make Suppositorie, and it maketh prouocation anon.

Also take Garlicke and stampe it, and boile it in Oile, and put it in a bagge of linnen cloth, and thereof make a Suppository.

Also Cinamon and Pirre boyled in water, and drunke, putteth away the Secundine.

Also, take Oyle that is made of Lilly, and giue to the woman to eat with bread, or a Suppository made thereof, there is none like thereto in all manner kinds to helpe the Matrice.

Also for feare lest the mouth of the Matrice were hurt with any thing, with any anointing: Take Oyle of Bay, Oyle of Pulliol, or Oyle Fustill that groweth on an Oake, and therewith anoint the place.

A good bath for the Flowers proued. chap. 70.

Take Sauine, Iuniper, Calamint, Penitroyall, Motherwoorth, Peritorie, Peliter, leaues of the Bay tree, and boile them together in water, and bathe the woman therein many times, and shee shall haue her termes at her owne minde and will.

Also take an Egge and roast it soft, and put therein Arsafetida, & let her sup it vp when she goeth to bed, and she shall speed anon.

To bring forth the Secundine, and to cleanse the Matrice. chap. 71.

Take Mallowes and Holihocke, Motherwood, Mugwort, Calamint, and Organum, and make her a bath with water, and let her sit therein above the Nauell, and let her strike euer downewards with her hands, and it will helpe.

Item for the same.

Take a Goats skinne with the clawes and the haire, and cut it very small, and cast it into a fire of Charcoale made in a pan vnder a flegs chaire, and let the aire smite vp into her body, and she shall haue helpe.

For the same.

Take Castor ʒ i. Euforbium, ʒ s. and make them in powder, and take of the gall of a Bull ʒ ii. and of the iuyce of Rue ʒ i. And mingle them together, and then put thereto the powders aforesaid, and make a Suppository of Cotton, and wet it in the confection, and put it in, and it will bring forth the Secundine, and prouoke the Menstrues.

Another.

If a woman haue good purgation in her childbed, let her drinke the shauing of Harts horne in wine, and it shall do her ease.

To cease a womans Flower. chap. 72.

Take the iuyce of Plantine, and put thereto the powder of Bole-Armontack, and mingle them well together: then take Cotton and open it broad, and wet it in the confection, and make thereof a suppositorie, and it shall cease the flux of the Matrice.

To bring forth flowers, and the Secundine, and a dead child. chap. 73.

Take faire Oats and ſæthe them in faire water while they be well ſodden, and then take the water and make thereof a bath, and let the woman ſit therein vp to the heart, and bathe her well in that water, and it ſhall bring forth her termes, and the Secundine, and deliuer her of a dead childe, if ſhe haue any in her wombe.

Another for the ſame.

Take Auence, and ſæthe it in Wine, and make a plaiſter, and lay the ſame vpon her Nauill. Or elſe take the croppes of Auence and ſæth them in Wine, and make thereof a Suppoſitory, and it will doe the ſaid cure.

Another for the ſame.

Take the iuyce of Dittany, and mingle it with powder of Caſtor, and make a Suppoſitory with Cotton.

Another for the ſame.

Pill a cloue of Garlick, and put it into her, and it ſhal bring forth her flowers ſone: or elſe ſæthe Garlicke, and let her ſit in that water vp to the nauill, and ſoke her well therein: or elſe make a Suppoſitory of Garlicke ſodden in oyle.

If a woman haue too many flowers. chap. 74.

Take the foot of an Hare, and put it in a new earthen pot, and burne it to powder, and let her drinke of that powder with warme ale, or with warme wine vntill it be ceaſed.

Another for the ſame.

Take the middle barke of the Cherry tree, & put away the gray barke that is without, and take the græne barke and ſtampe it ſmal, and giue it to the woman with a little warme Ale to drinke, and it ſhall ſtop the flowers. Probatum eſt.

Another for the ſame.

Take the iuyce of Burſa Paſtoris, and the powder of Sanguis Draconis, and make a Suppoſitorie thereof, and it ſhall ceaſe.

For to cleanſe the Matrice. chap. 75.

Make a Suppoſitorie of Cotton, and anoint it with Turpentine, and it cleanſeth the Matrice of corruption.

For to ceaſe flowers, and for faintneſſe and caſting in childbed. chap. 76.

Take the leaues of Birch, and make ſmall bundles therof, & ſæth them

them in Vinegar, and make a plaister thereof and lay it to her share, and to the reines, and if discentery be in default in the vpper gut, lay the plaister vpon her stomacke.

Powder of Holland against the Collicke, and the gnawing of the belly. chap. 77.

Take Cinamon, Annis sæd, Fennell sæd, Commin sæd, of each a quarter of an ounce, of shauē Liquoris three quarters of an ounce, of Galingali one ounce and a halfe, of spicknard a quarter of an ounce, of Seene of Alexandria, two ounces: beat them into fine powder, and serue them, whereof take a quarter of an ounce in a messe of pottage.

Powder to make the belly soluble, causing a gentle laske: easie for any one to take. chap. 78.

Take Seene of Alexandria one ounce, of fine Ginger halfe a quarter of an ounce, of Annis sæd a quarter of an ounce, beat them into fine powder, and put them into sodden Suger, and make loosings (as before) of the whole, the number of sirténe, whereof dissolue two of them into a messe of pottage, or in a cup of Wine, fasting in the morning, and fast an houre after. If you doe put as much Suger in powder, yée may kéepe it in a bladder, and the whole powder will serue eight times to receiue: as euen now is said.

A receit to restore strength, in them that are brought low with long sickneſſe. chap. 79.

Take of the brawne of a Feasant or Partridge, or of a Capon sodden or roasten of each a quarter of an ounce: stéepe them in Rosewater two houres, of the kernels of Nuts, called Pistariorum, and of the kernell of a Pine Apple, of each a quarter of an ounce, of Cinamon in fine powder the weight of twenty barley cornes, of the spices of Dianthos, Diamargariton, Letificentes Galeni, of each the weight of forty graines of Barley corne, of the sæd of Millon, Pepon, Gourd, and Cucummer, of each the weight of ten graines, the skinne taken of, let them be all ground small, then take six ounces of Suger dissolued in Borrage water, séethe it on height, as for loosings, and when it is sodden enough, then put in all the other geare, and make loosings thereof. Whereof one is sufficient at once dissolued in a messe of pottage, or a draught of drinke. Thus doe two or three times euery day.

To

To make Loosings. chap. 80.

Take halfe a pound of Sugar, and as much Rose-water, or other distilled water, as for Manus Christi, seethe them likewise, & when you will know when it is sod enough, take out some vpon a knives point, and let it coole, and if it be hard like Sugar, then it is sodden enough. Then put into it powder of Ginger, Sinamon, or Nutmeg: Stirre them well together, lay it vpon a paper oyled, driue it as thinne as ye thinke méet, lay on your gold leafe with a Connies taile, cut your Loosings Diamond-fashion, and so keepe them.

To perfume Gloues. chap. 81.

Take the Gloues and wash them in the Rose-water, or Damaske water, till the scurfe of the Leather bee gone, and then stretch them forth softly, and kéepe the water you wash them with still, then hang them vp to drie, and then lay them in a linnen cloath, that is folded thrée or foure times double, and when they be drie, let them lie in Rose-leaues dried a day or two, then take oile of Ciuet, Almonds, and Muske, and grinde them together vpon a Marblestone, stretch them forth softly, and with your hand annoint your gloues thrée or foure times, and euer among stretch them forth as they drie. Then take Sandifer mixed with a little Amber-Greece, and strow the powder of it thinly vpon them, and lay them in a paper, and in a box: or else melt the Amber-Greece in a quantity of Rose-water, and mixe them drie, and lay them in faire white paper.

2. To perfume Gloues another way.

Take the Gloues, and wash them as aforesaid, thrée or foure times: and wring them euery time softly: then take Gum Dragagant, and steepe it in fine Damaske water one night: Then straine the water through a fine linnen cloath, and take Gum and mixe it with an ounce of Amber-Greece, with Oile of Turpentine: Then mingle all together, and roule your Gloues with the same: lay them to drie, and lay a paper betweene.

3. A preparatiue for Gloues.

Wash the Gloues, as aforesaid, till the scent of the Leather bee gone: then take of Beniamine two ounces, of Storax Cala-

mite one ounce, let them be very fine: then take Oyle of Ciuill Almonds, and mingle it with Beniamine Stozar vpon a Marble stone. When it is well ground, put it into an earthen pot with oyle of Ciuet Almonds, then put in Cloues in powder, and so let it stand close couered: & when you need take a little Rose-water in a spunge, and rub the Gloues softly, and then in like manner, with the Oyle called Ciuet, for the same purpose.

4. Another way.

Take twelue graines of Muske, six graines of Amber Greece, three graines of Stozar Calamite, six graines of Beniamin, and a few Cloues: grinde all these together with oyle of Ciuet Almonds. First, wash your cloaths with Fusles dissolued a day in Damaske water.

5. Another for Gloues.

Take your Gloues and wash them in Rose-water once or twice, till all the scurfe bee gone from them, and then let them drie, and stretch them well out, fingers and all. Then plaine them, and wash them once or twice: then take two ounces of Stozar, and as much Beniamin made in powder: dresse your gloues all ouer, on a smoth bord before they be dry: then hang them to drie, and when they bee drie, saue the powder that is left.

Then take a pint of Rose-water, and two ounces of Stozar, and two ounces of Cinamon, put all these in powder, and cast them to the Rose-water, and let them lieth in a close Posnet couered. Then take a fine brush and brush them ouer.

6. Another way to perfume.

Take Amber-Greece a dramme, of Muske halfe a dramme, of Fusles a dramme, of Ciuet halfe an ounce, put all these together in a pint of Rose-water, or Damaske water.

7. Another way.

Take a dram of Amber-Greece, a dramme of Beniamin, halfe a dramme of Fusles, a dramme of Stozar, a quarter of an ounce of Labdanum, put these in Rose-water.

A perfume for Chests and Cupboords, and also for Gloues. chap. 82.

Take Beniamin and Storax of each an ounce, Labdanum and Fusles, of each a quarter of an ounce, halfe a dram of Ciuet: if you burne it for Chests, or Cupboords, beat it in a hot morter: if it be for Gloues, boile it, and put it to Rosewater.

To colour Gloues. chap. 83.

You must haue hulles of grene Walnuts, that must lie in water all the yeare long, role them well with these hulles, and make them as deepe a colour as ye may.

How to colour Gloues yellow within.

To colour Gloues yellow within, take the yolks of twentie Egs and put them in a frying pan with a soft fire, stir them euer, & bruise them with a Ladle, and the oile that ascendeth of them, being annointed on the inside of the glouss, will make them loke yellow.

To make Muske Sope. chap. 84.

Take strong lye made of Chalke, and six pound of stone chalke, foure pound of Deere suet, and put them in the lye in an earthen pot and mingle it well, and keepe it the space of forty daies, and mingle and stirre it three or foure times a day, till halfe be consumed, and to that that remaineth seuen or eight daies after, you must put a quarter of an ounce of muske, and when you haue done so, you must also stirre it, and it will smell of muske.

To make red sealing Wax. chap. 85.

Take to one pound of Wax three ounces of cleane Turpentine in Summer, in Winter take foure, melt them together with a soft fire: then take it from the fire and let it coole, then put in Vermilion very finely ground, and Sallet oile, of each an ounce, and mix them well together, and it is perfect good.

To keepe Damasins in sirrop. chap. 86.

Take Damasins, and pick them well with a knife or pinne, then take clarified Suger, as much as you thinke will serue, and then you must boile it till it bee as thicke as birdlime. Then boile your

Damasins in the clarified Suger till they be soft: then take them vp, and put them in a glasse: then you must boyle the sirrope, till it be as thicke as the other was, before you put in the Damasins, and so couer them close.

A water for the face, vsed of Gentlewomen chap. 87.

Take Goates milke two pound, fine Flower halfe a pecke, the whites of three Egges, and make it from paste to little loaues, and bake it, but not too much: then take more of the said Goates milke, and crumme of the crummes of your bread into it, let it steepe all night, & wipe your face with a drie cloath, and then wash your face with the said milke, and in doing this, it will make the face shine as white as snow.

Another to make the face faire.

Take the shearing of Scarlet, foure ounces, the whites of two new laid Egges, white wine two pound, Rosemary flowers, or Rosemary it selfe, and seethe it or still it, but if you seethe it, scum it cleane, and when it is cold vse it, and it will make the skinne looke smooth.

Another to remoue high colour in the face.

Limons laid in Buttermilke, is an excellent meanes to remoue high colour in the face.

A water for heat in the face, and breaking out with pimples. chap. 88.

Take Allum glasse two pound, the iuyce of Plantin, Purslan, Wer iuyce, of each halfe a pound, the white of twenty Egges, beat them and mix them, and distill them: which water destroyeth chasings, heats pimples, wheales and scurfes, whatsoeuer they be.

To know whether a woman shall euer conceiue or no. chap. 89.

Take

Take the Matrice of a Hare, and hauing frayed and consumed it in hot water, giue it the woman to drinke in the morning at her breakefast, and let her stand in a hot Bath: and if there come a griefe or paine in her belly, shee may conceiue, if not, she shall neuer conceiue.

To make a barren woman beare children. chap. 90.

Take of those little sea-fishes, called in Latine Polipi, or Polipodes, and rost them vpon the Embers without Oyle, and let the woman eat of them, and it shall profit and helpe very much, hauing in the meane time the company of a man.

To make a woman haue a quicke and speedy deliuerance of her children, without paine, or at least very little. chap. 91.

The leaues of Bittony and stampe them, or else make powder of them, and giue the woman that laboureth to drink of it with a little water, and she shall be deliuered incontinent, without any great paine or labour.

To stop the running of the Raines fiue seuerall wayes. chap 62.

Take Venice Turpentine washt in red Rose-water, foure ounces, a Nutmeg, Plantine seed, a yellow Amber bead, of each a like, with like quantity of Sinamon, & powder of Comfrey roots, which being mingled, role of Turpentine in the powder, and make it into fiue Pills as big as a beane, and take them in a spoone with sirrop of Rubarb, three in the morning, and three two houres before supper and it will helpe it.

Another for the running of the raines.

Take Nutmegs halfe a pound, and bruise them in a morter, and kneade them in dough and bake them, which bread is very healthfull.

Another speciall way approued.

Take Hazel-nuts, well pilled or blanched two handfull, Winkles and knotted grasse, of each a handfull, foure Camphire leaues: stampe the hearbs, and straine out the iuyce into two pound of Mus-

cadell: then beat the Nut kernels as small as you can, and put ther in: Also take an Amber bead, and beat it to powder very fine, whic being put in the wine to the rest, stir them all together a good while then seeth it vntill it come to a pound and a little moze, and drink the one halfe in the mozning, and the other at night, making a ver light supper.

Another for the same.

Pip and Clary, fryed with the yolkes of three or foure Egs, and taken every mozning, is very good.

To strengthen the seed. chap. 92.

Take Succozy, Endiue, Plantin, Violet flowers and the leaues Clary, Sozrell, of each halfe a handfull, with a peece of Mutton make a good broth, and to eat it euening and mozning is specia good.

For the gnawing in a womans stomacke. chap. 93.

Take a good handfull of Speermint, and a handfull of Wozme wood, and heat a tile-stone, and lay these two things on it, & make a little bag, and when the hearbs be hot put them in the bagge, and so lay them to her stomacke.

For an Ague in a womans breast. chap. 94.

Take Hemlocke leaues, and fry them in sweet butter, & as hot as she may suffer it, lay it to her breast, and lay a warme white cot ton, and it will driue them away in a short space.

For breasts that be sore with milke. chap. 95.

Take Linseed Dyle, and Wax, melt them, and wet a rag therin, and lay it to the breast warme, which will dry with the milke.

For a sore breast. chap. 96.

Take beane flower two handfull, braune, powder of Fengricke, of each a handfull, white Wineger a pound, three spoonefull of honey, and three yolkes of Egges, seeth all till it be thick, and lay it warme to the breast, which will both breake it and heale it, alwayes crushing out the matter when you shift it.

To

To keepe a womans breast from breaking.
chap. 97.

Take Sage, Marigolds with the blacke séed, and the sharpest nettles, of each halfe a handfull, bruise them together, and lay it to, which will keepe it from breaking.

For the breasts broken or not.

Take oile of Roses, beane flower, and the yolke of an Egge with a little Vineger, set it on the fire till it be luke warme, then with a feather anoint the place.

For the vnnaturall heat of the Liuer. chap. 98.

Take Borage, Buglosse, Succory, Violets, Fumitory, young Hop-buds, Fennell-buds, of each a quarter of a handfull, young Mallowes, and Mercurie, of each halfe a handfull, boyle these in a pottle of whey, and straine them.

For the canker in the mouth.
chap. 99.

Take halfe a pint of Ale, and a sprig of Rosemary, and séethe them all together, and scum your Ale, and then put in a peece of Allum, as much as a nut, and a spoonefull of honey, and two spoonefull of Honeysuckle water.

To make the face faire, and the breath sweet.
chap. 100.

Take the flowers of Rosemary, and boile them in white Wine, then wash your face with it, and vse it for a drinke, and so shall you make your face faire, and your breath swéet.

To make haire as yellow as gold. chap. 101.

Take the rine or scrapings of Rubarbe, & stéepe it in white wine or in cleare lie, and after you haue washed your head with it, you shall wet your haires with a spunge, or some other cloth, & let them dry by the fire, or in the Sun. After this wet them, and drie them againe, for the oftner they doe it, the fairer they will bee, without hurting your head any thing at all.

To driue away all venemous beasts from your house. chap. 102.

Take Juniper, the séed of Agnus Castus, the shels of riuer Creuesses, Harts horne, the grease or suet of a Bucke, Kerse or town Cresses, Organie & bittanie: make of al these drugs a dough or

paste

paste. And when you will vse or occupy it, burne it, for whereas the smoke thereof goeth, the beasts will void away.

Against all poyson eaten and drunken. chap. 103.

Hauing knowledge that any man is poysoned, the chiefe remedy is to make him vomit the poyson, in giuing him Oyle Olive luke warme to drinke alone, or mixt with warme water. And if you haue no Oyle, giue him Butter with hot water, or with the decoction of Linseed, or the seed of Nettles, or of Semicrecum: and all these things purge the venome as well downward as vpward. After hauing made him vomit diuers times, you must purge him with sharp Glisters downward. Then giue him water mixt with honey, and also old wine enough to drinke. But if you can get good Treakle or Mithridate, they are the principallest against poysons, with Terra Sigillata, Acorne shels, and giue it him in good wine. Let his meat be fat flesh of old Beasts, add fat Broth especially of Hennes and fat fish, and let him not sleepe. And in continuing with this meanes, he shall be deliuered by the helpe of God.

To driue away Lice. chap. 104.

Take Incense, and the Lard of a Barrow hogge, properly called Barrowes greace: boyle them together in an earthen pan or pot leaded, and with this oyntment rub and annoynt the place where the Lice be.

How to make a soueraigne water, that M. Doctor Stephens Phisician, a man of great knowledge and cunning did practise, and vsed of long experience: and therewith did very many cures, and kept it alwaies secret, till of late a little before his death Doctor Parker, late Archbishop of Canterburie did get in writing of him. chap. 105.

The Receit.

Take a gallon of good Gascoine wine, then take Ginger, Galingale, Camomile, Sinamon, Nutmegs, Graines, Cloues, Mace, Aniseedes, of euery of them a dramme. Then take Sage, Mint, red Roses, Time, Pellatie of the wall, wilde Marioram, Rosemarie,

Penny

Penny mountaine otherwise called wilde Time, Camomile, Lauender, and Auens, of euery of them one handfull: then beat the spices small, and bruise the hearbs, and put all into the wine, and let it stand twelue houres, stirring it diuers times. Then stil it in a Limbecke, and kéepe the first pint of the water, for it is the best: then will come a second water, which is not so good as the first.

The sundry vertues and operations of the same many times approued.

The vertues of these waters be these: it comforteth the spirits, and preserueth greatly the youth of man, and helpeth the inward diseases comming of cold, against shaking of Palse: it cureth the contract of sinewes, and helpeth conception of women that be barren: it killeth the wormes in the belly. It helpeth the cold gout, it helpeth the toothache, it comforteth the stomacke very much, it cureth the cold dropsie, it helpeth the stone in the bladder, and in the raines of the backe: it cureth the canker, it helpeth shortly a stinking breath. And who so vseth this water euer among and not too oft, it preserueth him in good liking, and shall make one séeme young very long. You must take one spoonefull of this water fasting, but once in seuen daies, for it is very hot in operation. It preserued Doctor Steuens that hee liued fourescore and eighteene yeares, whereof ten yeares he liued bedred.

To make a water that taketh off all staining, dying and spots from the hands of Artificers, that get them by working, and maketh them white and faire. It is good for them that be Sun-burned. chap. 106.

Take the iuyce of a Limmon, with a little Bay salt, & wash your hands with it, and let them drie of themselues: wash them againe, and you shall finde all the spots and staining gone. It is also very good against the scurfe or scabs.

To heale all manner of inflammation, and euill disposition of the aire, leapry faces, great swollen legs, or inflamed hands. chap. 107.

Take flower, or Amillum made of Barley, which ye shall easily find at the Apothecaries, and sæthe it halfe an houre in common water, then straine it, and put it into another new pot that is cleane and neat, putting to it a few Mallowes, Succorie, Hoppes, Endiue and Borage, and sæthe all these together vntill it be dissolued, and adde to it an ounce of Sandall, and then straine all, and take a linnen cloth, as much Cassia extracta as will goe into two nuts, & put it within the said linnen cloth with the Cassia, while the water is hot, pressing it so hard betweene your two fingers, that the substance of it may go into the water, then put to it Sugar or Pennides, as much as you will. Of this drinke (which is of very amiable sauour) you must take from day to day a little glasse full in the morning, lying in your bed with your breast vpward, then laying some linnen cloth vpon your stomacke, slæpe if you can, and take of it also after you be vp, and haue done your necessary: the which doing, you shall finde your selfe very well healed in few daies. But here note that this must be done in the Summer, and not in the Winter, and he that hath his stomacke very cold, may weare before his breast some pæce of Scarlet, or other cloth, and sometime anoint his stomacke with an Dyle made for the weakneſſe of it, the perfect composition whereof we will put hereafter.

A singular ointment which healeth all burnings with fire, not leauing any skarre where it hath beene. chap. 108.

Take the white of two egges, two ounces of Tuna Alexandrina, two ounces of quicke Lime, washed in nine waters, an ounce of new Wax, with as much Dyle Roset as shall suffice, and make thereof an Dyntment, which ye shall finde very good for this that we haue spoken of.

To draw an arrow head or other iron out of a wound. chap. 109.

Take the iuyce of Valerian, in which ye shall wet a tent, and put it into the wound, laying the said herbe stamped vpon it, then make your binding or band as it appertaineth, & by this means

you shall draw out the iron. And after heale the wound according as it shall require.

For him that hath a bunch on his head, or that hath his head swollen with a fall. chap. 110.

Take an ounce of Bay salt, raw honey three ounces, Commin three ounces, Turpentine two ounces, intermingle all this well upon the fire, then lay it abroad upon a linnen cloth, and make thereof plaisters, the which you shall lay hot to his head, and it will altogether asswage the swelling, and heale him cleane and neat.

To know what time in the yeare herbs and flowers should be gathered in their full strength. chap. 111.

Medicines are made diuers and sundry wayes, some by leaues, some by seeds, some by roots, some by hearbs, some by flowers, and some by fruits. Such leaues as are put in medicines, should be gathered when they be at their full waxing, ere that their colour be changed, or that they fade any thing.

Seeds when they fall be full ripe, and the moistnesse somewhat dried away.

Flowers should be taken when they be fully open, ere they beginne to fade.

Herbs should be gathered when they be full of sap, and ere they shrinke.

Rootes should be gathered when the leaues fall.

Fruits should be taken when that they be at their full growth, or when they fall, & the heauier the fruit is, the better, and those that be great and light in ponderation, chuse not them, and those that be gathered in faire weather, be better than those that be gathered in raine. And those herbs that grow in the fields are better than those that grow in townes and gardens, and those that grow on hills in the fields are best for medicines, for commonly they be lesse, and not so fat, and haue more vertue.

Many herbs there be that haue speciall time to be gathered in: and if they be gathered in that time, they haue the full vertue, to

their property, or else not so good. Some doe helpe whensoeuer they be gathered, and some nought if they be gathered out of time: therefore marke well what I teach thée.

Bettonie should be gathered principally in Lammas month, with the séed and the roots, and without any Iron toole, and it must bée dried in the shadow: for Medicines it may be gathered other times, but euermore it is the better if it be gotten without iron, and it must be gathered before the Sunne-rising.

Swinesgrasse may be gathered when it pleaseth you, in time of néed.

Cammemill should be gathered in Aprill.
Pellitorie should be gathered in June, before the Sun-rising.
Red Docke should be gathered when they néed daily.
Longde bæfe must be gathered in June and July.
Peniwort must be gathered in the beginning of winter.
Germander should be gathered in Lammas month.
Dragant should be gathered in June and July.
Columbine in Lammas month.
Addertong must be gathered in Aprill.
Pedelion when thou wilt.
Groundsill alway after midday.
Walwoth, when it pleaseth you, without iron.

Violet should be gathered in the month of March, and in this month should Violets be put into suger and sirrop.

Roses should be gathered in Aprill or May, and of them should be made Suger-roset in sirrop of Roses, and in the same month should oile be made of Cammomill.

Rosemary flowers should be gathered in May.
Sentory when it beginneth to flower.
Organum in the month of June.
Holsequi should be gathered the sixténth day of August, before the Sun-rising, without iron.
Harts-tongue should be gathered before day in November.
Aristolagia should be gathered the same time.
Garlike may be taken when you néed for Medicines.
Wilde Garlike should be gathered when it flowreth.
Gourds should bée gathered in the end of September, when they

be

be ripe, and dried where the Sunne may be all day.

Wilde Hep-berries should be gathered when they war yellow.

Cucumber should be gathered when the fruit is ripe, and the fruit should be laid vnder Vines, where the Sunne may not haue all his strength on it in a moist place, that it may rot, for then the seed shall be good and full of kernels.

Citrull when the fruit is ripe, and dried in a dry place in the Sunne.

Calamint should be gathered when it flowreth, and dry it in the shadow, and it will last a yere.

Saffron should be gathered before the Sunne arise.

Godar, that groweth among Flax, should be gathered when he beginneth to flower, and it may be kept three yeres.

Elder should be gathered in harnest time.

Fennell seeds should be gathered in the beginning of harnest, and two yeres they may be kept.

The roots of Fennell should be gathered in the beginning of the yere, and two yeres they are good.

Baldemoney, that some men call Gentian, should be gathered in the last end of the yere, and foure yeres it is good enough.

The rot of this herbe is vsed, and how thou shalt know him is this, that he be very bitter, the lesse bitter the worse.

Also loke that it be white, whole, and not hollow within, but fat, and not brittle, nor full of powder.

Galingale is called in Physicke Typus; it may be taken at all times when you will, but best it is in the end of Mer: and three dayes it must be laid in the Sunne, and so be dried, that the moisture rot it not, and then you must keepe it in the shadow.

Flower-de-luce should be gathered in the end of Mer, and dried in the Sunne, and it will last two yeres well.

Here follow the sundry vertues of Roses, for diuers Medicines. chap. 112.

Roses be cold and moist in two degrées: It hath these vertues, stampe it and lay it to a sore that burneth and aketh, and it shal cease both the burning and aking.

Also, it is good for the Feauer in the stomacke, and against all euills that are gendred in hot humors.

Also, let any woman drinke it with wine, and it shall forthwith cause her to restraine bléding, & helps the marrows of the wombe.

Also make oile of Roses, and that is a principall receit for pricking in sinewes, and the water thereof is good for sore eies, and for hot euills, and the oile is good for the headache to anoint therewith the temples, and the rot of him is good to draw forth iron or other things in a mans fot, and the redde rose is much better than the white.

The sundry vertues of Lillies. chap. 113.

Lillies are cold and dry in the third degrée, and so saith Galen, that who so séetheth the leaues in water, it is a noble plaister for sinewes that are shortned, and it is good for all manner of burnings and scaldings.

Also, when the leaues and rotes are sodden in old wine, and tempered up with honey, it is a profitable plaister, for sickneſſe that are starued. Also the water & the iuyce is good for to wash thy brisers, and to take away the freckles on mans visage or womans: and the rot is good to ripe therewith botches, and for to breake them.

Of the sundry vertues of Milfoyle. chap. 114.

Milfoyle is hot and dry in the second degrée, it is good to stanch the bloudie flix, and the iuyce thereof healed the biting of a redde hound: and if it be sod in red wine, drinke it, and it slaieth wormes in the womb, and it softneth hardnes in a mans womb, and helpeth the Iaundise and dropsie.

And

And take the herbe and stampe it, and temper it with Vineger, and it will doe away blond in wounds, and it will cease the tothach when it is chewed fasting. Also it is good for the stinging of an Adder, when it is sodden in wine, drinke it, and lay the substance thereto, and it will draw the venome out of the sore.

The sundry vertues of Rosemary. chap. 115.

Rosemarie is hot and drie: take the flowers thereof, and put them in a cleane cloth, and boyle them in faire cleane water, vntill halfe be wasted, and coole it, and drinke that water, for it is much worth against all manner of euills in the body.

Also, take the flowers, and make powder thereof, and binde it to the right arme in a linnen cloth, and it shall make thée light and merry.

Also eat the flowers with honey fasting, with sowre bread, or else with other bread, and there shall arise in thée no euill swelling.

Also, take the flowers, and put them in thy chest among thy cloth or among thy bookes, and mothes shall not destroy them.

Also, boyle the flowers in Goats milke, and then let them stand all night vnder the aire couered, and after that giue him to drinke thereof that hath the Tisicke, and he shall be holpen.

Also, if there be any man that is rammage, take the flowers, and leaues a great quantity, and boyle them together in a good quantity of cleane water, in that Patient Baineat, and it shall heale him.

Also, boile the leaues in white wine, and wash thy face therwith and thy beard, and thy browes, and there shall no corne spring out, but thou shalt haue a faire face.

Also, put the leaues vnder thy bed, and thou shalt be deliuered of all euill dreames.

Also, breake the leaues to powder, and lay them on the Canker, and it shall kill it.

Also, take the leaues, and put them in a wine vessell, and it shall kéepe the wine from all sowrenes and euill sauours: and if thou wilt sell thy wine, thou shalt haue good speed.

Also, if thou be feeble with vnkinde sweat, boyle the leaues in

cleane

cleane water, and wash thy head therewith, and thou shalt be deliuered from that euill.

Also if thou hast lost appetite of eating, boile well these leaues in cleane water, and when the water is cold, put thereunto as much of white wine, and then make therein sops: eat thou thereof well, and thou shalt restore thy appetite againe.

Also, if thou haue the Flux, boile the leaues in strong Eyzill, and lay them in a linnen cloth, and binde it to thy wombe, and anon thy Flux shall be withdrawne.

Also, if thy legs be blowne with the Gout, boile the leaues in water, and then take the leaues, and binde them in a linnen cloth, and winde it about thy legs, and it shall doe thee much good.

Also, take the leaues, and boile them in strong Eyzell, and binde them to thy stomacke in a cloth, and it shall deliuer thee of all euils.

Also, if thou haue the cough, by stirring, or by any other way, drink the water of the leaues boiled in white wine, and ye shall be whole.

Make powder of the rinde of Rosemary, and drinke it, and if thou be in the pose, thou shalt be deliuered.

Also, take the timber thereof, and burne it to coales, and make a powder thereof, and then put it in a linnen cloth, and rub thy teeth therewith, and if there be any wormes therein it shall slay them, and keepe thy teeth from all euils.

Also, of the wood make a boyst to smell thereto, and it shall keepe thee youngly.

Also, make thereof a barrell, and drink thou of the drink that standeth therein, and thou needest not dread of any euill being therein: and if thou set it in the field, or in thy Garden, keepe it honestly, and it shall bring forth much increasing of it selfe.

And if a man haue lost his smelling of the aire, that he may not draw his breath, make a fire of the wood and bake his bread therewith, and eat it, and it shall keepe him well.

Also, a man that hath the Gout, take Dyle of Roses, and the yolk of an Egge, and the flowers of Rosemarie, and medle them together, and doe it to his fore, and he shall be holpen.

How

For to make a speciall soueraigne water, which is of three colours, and it is called the Mother of all waters, which is very excellent to cure the canker, the pocks, or leprosie, or any other kinde of superfluous humours, or any sore old or new, and it is thus made.

Chap. 116.

Take Turpentine foure pound, of Frankinsence, Mastick, of either two ounces, Alloes, Epaticke, Date stones, Labdanum, Calfozium, rootes of Betanie, rootes of Enula Campana, of each two ounces, distill them in a Limbecke of glasse, with a soft fire. The first water is cleare: the second water is yellow, and swimmeth aboue the other: the third water is reddish like Saffron, and when it beginneth to be redde and thicke like honny, then beginneth the third water. The first water burneth like a candle: the second water curdeth like milke, and if you put one droppe of the third water into a cup of drinke, it goeth presently to the bottome, and there will it lie an houres space, and then mount vp to the toppe, as true Bawm doth: and with this water if you wash your face thrice a day and chiefly your Nostrylls, it cureth the rewme descending from the braine, and clarifieth the sight. And if you wet a linnen cloth in this water, and lay it to any sore legge or arme that hath dead flesh, it will cleanse it, and driue away the ache within fiue houres space, and it consumes all Apostumes, Ulcers, Fistules, Pusttles Emeroids, and healeth all greene wounds. And if ye dip a linnen cloath there in and make it threfold, and lay it to the noddle of your necke, it healeth the Palsie: and so likewise it cureth the Gout, or any sinnew that is drawne together therewith, bathe it three or foure times together warme.

The water that is of the colour of blood, is of such vertue, that if a leaprous man or woman vse therof fiftene dayes together, halfe a spoonefull euery day, he shall be healed.

The first water is of such vertue, that if it be put in a fresh wound, it healeth it in foure and twentie houres, if it be not mortall.

And it healeth all kind of cankers, crepres, Noli me tangere, within fifteene dayes, if you wash them with the said water euery third

day, and if you make rags of cloath, and dip it in the same water, and lay it vpon a plague sore, and drop one drop therein, and it mortifieth the malignity thereof, and that shortly. And if you droppe one drop in the eye, that hath a pearle, or is halfe blind, it will recouer it in eight dayes without any paines: and if you drinke a spoonefull of it with white Wine, it will recouer the Strangury or disure within fyre houres, and breaketh the stone within two houres, whether it be in the reines or in the bladder. The water that hath the colour of blood is most precious, it comforteth the weake member, and preserueth the body from all diseases, and purifieth rotten blood, and healeth all diseases of the Milt, and keepeth away the Gout, and causeth good disgestion, it purgeth cold and rotten blood, and putteth away ill humors, and healeth all agues. This water must be vsed from the monthiof November, to the month of Aprill, and you must take but halfe a spoonefull at once, nor oftner than once a weeke.

The manner to make this water, yee must haue a glasse a cubite high, and fill it with Aqua vitæ made with Wine, and stop it well, then put it in horse-dung, so that it be not moist, nor too wet, least the glasse breake, and you must leaue the necke of the glasse without in the ayre; that glasse through heat of the dung will boyle sore, so that the water will ascend to the necke of the same, and descend againe to the bottom through the ayre, and so let it stand thirty daies, then take out the glasse, and put these things following in the water, and stoppe the mouth that it breathe not out, and so leaue it in eight dayes.

Last of all, put the glasse in Balneo Mariæ with sand, setting on a head with a receiuer, well stopped, and make a soft fire, and gather the first water that drops cleare, but when you see the second Water turne into redde colour, change the Receiuer, for then beginneth the second water to come, and that will keepe well in a glasse well stopped.

The spices that goe to this water, bee these, with the hearbs, Cardanum, Cloues, Nutmegs, Ginger, Galingale, Zedoaire, Pepper, Spikenard, Laurell berries, Smallage seedes, Mugwort seedes, Fennell seedes, Annis seedes, Flowers of Basill, Elderne flowers, redde Roses and white, Lignum Aloes, Cucibes, Cardanum, Calamus Aromaticus, Maces, Germander, Frankincense, Turmentill, Iuniper, Egrimonie, Sentory, Fumitorie, Pemper-

nell

Bell, Dandelion, Eufrage, Endive, leaves of Sorrell, yellow Sanders, Fetherfoy, Aloes, Epatick, of each two ounces, Rubarb, two drammes, dry figges, Raisins, Dates without stones, swéet Almonds, of each two ounces, Aqua vitæ to the quantity of them all that is, for one pound of Engredience, foure pound of Sugar, two pound of honey. This water is called the mother of all waters.

A perfect way to cure the loathsome disease of the French pocks, paines in the loines, lamenesse of limmes, paleneſſe of colour, loathsome scabbes, or any other filthy disease proceeding of superfluous or euill humours, as also to asswage ouer grosse and foggie fat bellies, and that without danger.

Chap 117.

First it is needfull to prouide for the sicke body a close and cleane Chamber out of all grosse aire, and cleane warme garments, both for body and legges, and at rising and going to bed, a fire of Charcoales, for wood is not so wholesome for smoaking: also, they must not be troubled with any thing to bring them out of patience, for that corrupteth the bloud, which must be new altered: also the sicke body must eat but little meat, and that kinde of meat as shall hereafter be prescribed, and at such time as shall bee appointed, and let the sicke body vse playing on instruments, or heare some playing, or tell merry tales, and let him haue no company of any woman, for that is a most dangerous poyson for the health of any person in that case.

Secondly, you must prepare two brasse pots or else iron, one being foure gallons, the other six gallons, one for strong drinke, the other for small drinke.

Also, you must haue close couers to them of brasse or iron, you must also prepare certaine good earthen vessels, with close couers, to keepe your drinke in, of both sorts by themselues. Moreouer, you must haue a Strayner, of a Searce-cloath to straine your drinke after it is decoct, Instruments to take out dead flesh, and to

search a sore, and a syring to cleanse any sore being deepe, with the same drinke. Also you must haue a woodden vessell to bathe the sicke body in, at such times as hereafter shall be appointed. Also you must prepare cleane claathes to drie the sicke body after a sweate, being warmed well first: other instruments you shall need none, but onely your wood scraped small or turned, and the barke of the wood pounded in a morter, and the drugs also small, and your water which you shall decoct, the same must bee of a good Conduit or running brooke, very cleane without any kinde of filth. Chalke water is good.

Thirdly, for your strong drinke, yee must take your pot of foure gallons, & set it on a fire of coales, with the foure gallons of the faire running water, then put into the same one pound and a halfe of your wood, small raped, or turned at the Turners, but when you do buy your wood, see it be not old, and lacke moisture: this triall is best: Take a little coale burning, and lay it on the blocke before it be raped, and if it be good, it will boyle vpon euery side of the coale like Wirrhe: Then put thereto an ounce or a little more of the barke of the same wood made in small powder, then take a quarter of a pound of Cummin seeds put whole into the same, and one halfe quarter of an ounce of Radix, and Rubard, and then stop your pot fast, and lay paste aboue the couer, and so fast that no aire come out, then seeth it on a soft fire, but euer keepe it boyling, and let it boyle at the least eight houres, then set it by, and vnstop it not vntill it be cold, then take your Dearce, and straine it into a faire earthen pot, and couer it close. The sicke body must drinke of this but one draught Lukewarme, in the morning, and one other at night.

Fourthly, you must take your pot of six gallons, and put in it six gallons of running water, and one pound of the wood raped, and a quarter of Cummin seedes, and decoct it in all kinde of thing euen as the other, being close stopped, and when it is colde straine it into an earthen vessell or vessels, & that must the party drinke at meale, and at other times when he list to drinke, and spare not, but draw it by.

Fiftly, the sicke body must be kept very warme, and not rise out of bed before eight of the clocke, and then eat a dozen or twenty Reisins of the Sun, and no bread, but a draught of strong drinke warme,

and

and about eleuen of the clock, let the ſicke body eat a little meat, as may ſuffice nature, and what meat, it ſhall be hereafter ſhewed: then let the ſick body walke ſome-whiles in his chamber, or reade ſome booke, or play on inſtruments, to keepe him from ſleeping: then at ſix of the clocke at night, a dozen of Raiſins of the Sunne, and nothing elſe but a draught of ſtrong drinke warmed.

Sixtly, giue to the Patient to eat, theſe meats following, Chickin, Partridge, Feaſant, Hen, Capon, Rabbet, Conny, Veale, Mutton, and none other, nor any ſalt nor leauened bread, nor Rie bread, and very ſeldome roſted, but boiled in water, and no Broth nor Porredge, nor any kind of ſauce: if the ſicke body haue roaſt, let it be but euery third meale, and no kind of fiſh, milke, or fruits, Raiſins excepted.

Seuenthly, once in three dayes, for the firſt nine dayes in the morning, let the ſicke body drinke a good draught of the ſtrong drink ſomewhat warme, and they lay very many cloathes on him, till he ſweat, for the ſpace of two houres: then eaſe ſome of the cloathes, and haue warmed linnen cloathes, and rub all the body dry ere he riſe, if he haue any ſores that be deepe, waſh the ſore with ſtrong drink, and with a fearce, and dip a little cloath in the ſtrong drinke, and lay it to the ſore, whether be ſores or knobs.

Eightly, after nine or ten dayes be paſt, once in three daies let the ſick body be bathed on this ſort. Set faire running water on the fire, and put thereto a great deale of ground Ivy leaues, and red Sage, and Fennell alſo, and by a good fire when the ſicke body is going to bed, put the water and hearbs into a veſſell of wood, and let the ſick body ſtand vpright in it by the fire, and take vp the hearbes, and rub the body of the ſick Patient downwards, & then dry him with warm cloathes: vſe this three weekes, and by the grace of God the ſick body ſhall be made whole, whatſoeuer he be: then if the party be very weake, after nine or ten of the firſt dayes, let him eat euery day at foure a clock in the after noone a new laid egge poached in faire water, & as much new bread as may ſuffice nature, & a little cleane wine. Vſe this diet with good regard, as before preſcribed, and (by the grace of God) they ſhall be perfectly cured of their diſeaſes aboue mentioned.

The manner to make another kinde of diet drinke of stronger operation, for the same diseases, which by the practise onely of one man, hath done very great good, as well in the Citty of London, as in diuers parts of the Realme.

Chap. 118.

Take of the best Guaicum, most heauie, and full of Gum, foure pound; let it be well rased with a Rape, or turned into fine chips by a Turner, and of the same barkes two pound: of Carduus Benedictus, which is called the blessed Thistle, halfe a pound, of Maydenhaire, Cetrach, the flowers of wilde and Garden Bugloss, Anas one pound, sweet Cassia, six ounces, Anis-seed one ounce and a halfe, white Suger six pound, cast all these into a wine vessell cleane and apt for the same purpose, vpon which powre of the cleanest and best white Wine that may be got, in quantity one hundred and fifty pound, couer this vessell three daies, then straine it through an haire cloath: then keepe it in a cleane vessell for the Patient at dinner and supper, but not to drinke it in the morning or euening. Besides the drinking of this Guaicum at Dinner and Supper, the Patient may betweene the times, as one houre before or after Dinner or Supper, drinke foure or fiue ounces. Also your aforesaid receipts may bee put in cleane new white wine or Claret wine, being fined and made in the prescribed manner.

Furthermore, the Patient that hath the Pox, Dropsie, or Gout, may drinke among, this worthy medicine following, the dosse or quantity is two ounces or more, according to the age and complexion of the Patient.

Take Maidenhaire, cleane fresh Hops, Fumitory, Citrach, called Asplenum, Sene of Alexand. of each three drammes, great Centaury rootes, Liquorice, Polipody, wild and garden Bugloss, each four ounces, Anis seeds, Nigella Romana, the flowers of Bugloss, the three Saunders, Cinamon, each fiue ounces; put this into 24. pound of the Guaicum water, sodden after the description in the Compounds following: then put it in a close vessell, and stoppe the mouth, and when that is done, set the said vessell in another seething kettle, vpon the fire, so let it stand and seeth for twenty houres faire

and

and softly, then straine it, and keepe it in a cleane close vessell for the vse aforesaid. But if the Patient be full of humours, then do thus: take Sene Alexand. two pound, Succa Rosarum solarina, six pound, white Sugar seuen pound, Rubarb elected three ounces, finely cut, Turbit of the best one ounce, put these in a cleane stone-pot with a narrow mouth: powre into this pot xxiiij. pound of the common Guaicum water, made in manner in the compound following: stop your pots mouth, seeth it in the foresaid manner vpon a soft fire 24. houres vntill it come to a thinne sirrop, called Iulop, then straine it, and keepe this precious purging drinke for morning; the Dosse one ounce and a halfe, according to the age, complexion, and strength: the Patient must also eat bread three ounces, well baked like Bisket, and the flesh of Chicken, Hen, Capon, Partridge, Feasant, small birds of the wood roasted, expell sodden meats: and if the common drinke be too strong, then the Patient may powre thereunto some small cleare Wine, or Beere: let the Patient be merry, kept in a faire cleane chamber, with sweet perfumes, not much feeding, but little and fine, with cleane warme apparell, and a fire with Charcoales, eschewing Venery, Wines, Fish, grosse flesh, pottage, and white meate: care, anger, cold, much heat; and by Gods helpe ye shall haue present remedie, whether it be for the Pore or to cleanse the reynes, or for them that be ouer fat or foggie people, ful of grosse humors, gotten with ease and feeding, and to rebate & asswage their foggines without hurt, but rather renue them (as it were) and make them seeme yong. It helpeth also the Gout, Dropsie, Sciatica, Canker, and Timpanie, and many other loathsome diseases, that proceed from ouer great abundance of grosse humours, also for extreame paine in the ioynts.

The manner to chuse the best Guaicum, or Lignum vitæ.

Chap. 119.

OF this wood Guaicum, there are three kinds: the first is black within, in the heart pale coloured, hauing in it russet lines, very hard and heauy. The other blacke within, but white without, hauing very small lines, is hard and heauy, and not so great as the first. The third is all right white within and without, hauing very small lines; and the heart of this wood is best, the arme of the

Tree

tree is better than the bodie, the boughes nearer the fruit haue the more vertue, warmnesse, and drinesse, than the lower parts of the tree, which are more grosser, and more earthly of nature: and the more vnctious the wood is, it is the better: the sap is not so good as the heart neither the barke so good as the sap. But the white wood is sweet, and most excellent in operation, and is Lignum sanctum, the holy wood. The bark of the straight young branches or boughs, being heauy and white, moist, and without lines, hard compacted, be the best barkes for the Pox. All these woods called Guaiaci, haue a Rozin, or matter like Beniamin, or pleasant Gum within the wood, which is the spirit or liuely helping humour in decoction for the Pox, in the sinnewes, veines, muskles, head, hands, feet, and the bones: No sicknesse is so sharpe and cruel to nature, but this precious wood will both quickly and gently asswage the pain & griefe of the same, if it be ministred accordingly in decoction, namely to them, whom either the Pox hath tormented, or else the Gout with intollerable griefe.

A most certaine and approued remedie against all manner of pestilence or plague, be it neuer so vehement.

Chap. 120.

Take an Onion and cut him ouerthwart, then make a little hole in each peece, the which you shall fill with fine Treakle, and set the peeces together againe as they were before: after this, wrap them in a wet linnen cloath, putting it to roast, couered in the Imbers or ashes: and when it is roasted enough, presse out all the iuice of it, and giue the Patient to drink therof a spoonfull; immediately he shall feele himselfe better, and shall without faile be healed

To make a sirrop of Vinegar, good for many things.

Chap. 121.

Take sharpe Vinegar a pound and a halfe, Sugar two pound and a halfe, boyle it till it be a sirrop. It will digest Choler, Melancholy, and Flegme: it will make grosse humors thinne: openeth obstructions, prouoketh vrine, expelleth naughty humors: is good against all pestilent Feauers, coleth and quencheth thirst, & keepes the body loose.

To comfort the heart, and take away Melancholy.

Chap. 122.

Take the iuyce of Bozage foure pound, the flowers of Bozage half a pound: let these stand infused in hot embers fourtéene houres, then being strained and clarified, put to of good Sugar two pound, and boyle it to a sirrop.

A sirrop to cleanse the breast and the lungs, the Cough and the Pluriſie.

Chap. 123.

Take Licoras small slyed and bruised, an ounce, Maidenhaire halfe an ounce, Hyssop two drammes, water two pound, let these lie mixt foure and twenty houres, then boyle it till the third part be consumed, then straine it, and put into the same of good honey, of Sugar pennet, and white Sugar, of each foure ounces, and Rosewater three ounces.

For spetting either of Lights or Lungs.

Chap. 124.

Take the iuyce of Purslane, and Plantine, of each an ounce, red Corrall a dram, and bloud-stone halfe a dram, fine powdred, mixt together, vse it.

For wormes in young children. chap. 125.

Take Lupines, and make flower of them, which kneaded with honey, lay it to the stomacke of the chylde.

For the swelling of the Cods. chap. 126.

Take Rue stampt, lay it to the grieued place, and thou shalt haue present remedy.

For him that cannot hold his water. chap. 127.

Take the small end of Oaken leaues, & seethe them in Claret wine, being well beaten, lay it as hot as may be suffered vpon the yard in a plaister fashion.

For the head-ach. chap. 128.

Take the iuyce of Martzum, and put it into the Nosethrils, and it will helpe you.

For griefe of the stomacke. chap. 129.

Take Pasticke, Cloues, Nutmegs, of each a dram, Mace and Cinamon, of each halfe a dramme fine powdered: then take the bottome of a browne loafe toasted and dipt in Malmesie, strewing of the said powder vpon it, lay it to the stomacke, and it is a present remedy.

For the Itch. chap. 130.

Take vnwrought Wax, fresh Butter, Rose Winegar, red Rose-water, Brimstone finely beaten, and Cloues all boyled together, make an ointmet, and vse.

A Gargill for a sore throat. chap. 131.

Take white Wine, conduit water, of each a pound, Roch Allum, halfe an ounce, two spoonefulls of honey, boyle all to a pound and a halfe, and vse it three or foure times a day.

A

A water for Scabs, Vlcers, and Pushes. chap. 132.

Take Plantine water halfe a pound, water of Dzenges foure ounces, Sublimate powder, an ounce, put all in a double glaſſe, or ſome other good veſſell, and let it boyle with a gentle fire, a quarter of an houre, and take it off, and keepe it in a cleane veſſell, which vſe thꝛée or foure ſundꝛy times, and it will heale them.

To make a water to take out all ſpots of cloth of gold, and veluet. chap. 133.

Take rawd redde Arſnicke, Martem Cudum, of each of them a like quantity, and when they be well brayed, poure ſome faire water vpon them, and then putting the hearb Tinkefoyle to it, ſéethe it vnto the halfe, and then let it coole, and ſet it in the ſun two houres: then waſh your cloth in it, and let it dꝛy in the Sunne.

To take ſpots of greaſe and oyle out of all ſorts of cloth, white or other. chap. 134.

Take the water that peaſe hath beene ſod in, and ſteepe your cloth where the ſpot is in it, and then waſh it in cleane riuer water, and dꝛie it in the Sunne.

To take all manner of ſpots out of ſilke. chap. 135.

Take the iuyce of great and round Mushꝛoms of a ſharp taſte, wet the ſpots in it the ſpace of two houres, & then waſh them with cleare water, and then let them dꝛie.

To take ſpots out of cloth. chap. 136.

Take cold lye, and lées of white Wine, made a little hot, and mix them well together. But you muſt take heed they be not too hot, and waſh your cloth.

A soueraigne remedy for the Cough. chap. 137.

Take Brimstone beaten in powder halfe an ounce, and put it in a new laid Egge soft roasted, mingle it well together, then put to it Beniamin the bignesse of a Titch Pease, lightly stamped, and drink it in the morning for your breakfast: Take as much againe at night when you goe to bed, and you shall be whole at the second or third time. But if the cough haue holden you long, you must take it so much the oftner.

To keepe your Poultry from destroying with Weasels. chap. 138.

Rub your Poultry with the iuyce of Rue or Herbe grace, and the Weasels shall do them no hurt. If they eat the Lungs of a fox, the Foxes will not eat them.

A briefe Treatise of Vrines, as well of mens Vrines as of womens: to iudge by the colours, which betokeneth health, which sickuesse, and which death. chap. 139.

IT is shewed, that in foure parts of the body dwelleth sicknes and health, that is, in the wombe, in the liuer, and in the bladder. In what manner thou must know their properties, & therof thou maist learne.

If a mans vrine be white at morne, and red before meat, and white after meat, he is whole. And if it be fat and thicke, it is not good: and if the Urine be meanly thicke, it is good to like. And if it be thicke as Asse-pisse, it betokeneth head-ache.

Urine that is two daies red, and the third day white, betokeneth hery health.

Urine that is fat, white, & maist, betokeneth the feauer quartaine.

Urine that is bloudy, betokeneth that the bladder is hurt, by some rotting that is within.

A little Urine all fleshy betokeneth of the reynes: who pisseth bloud without sickneſſe, hath some veine broken in the reynes.

Urine that is ponderous, betokeneth that the bladder is hurt.

Urine that is somewhat bloudy of sicknes, betokeneth great euill within the body, and namely in the bladder.

Urine that falleth by droppes aboue, as it were great bones, betokeneth

o'ke n eth great sicknesse and long.

Womens Vrine that is cleare and shining in the Vrinall as siluer, if she cast oft, and if she haue no talent to meat, it betokeneth she is with childe.

Womens Vrine that is strong and white with stinking, betokeneth sicknesse in the reynes, and in her secret receits, in her chambers full of euill humors, and of sicknesse of her selfe.

Womens Vrine that is bloudy, and cleare as water vnder, betokeneth head-ach.

Womens Vrine that is like to gold, cleare and mighty, betokeneth that she hath lust to man.

Womens Vrine that hath colour of stable cleansing, betokeneth her to haue the Feauer quartaine, and she to die the third day.

Womens Vrine that appeareth as colour of lead, if she be with childe, betokeneth that it is death within her.

Hereafter follow all the Vrines that betoken death, as well the vrine of the man as of the woman. chap. 140.

In a whole Axis, one part red, another black, another gréene, and another blew, betokeneth death.

Vrine in whole Axis, blacke and little in quantity, fatty and stinking, it betokeneth death.

Vrine couered ouer all as lead, betokeneth prolonging of death.

Vrine that shineth raw and right bright, if the skinne in the bottome shine not, it betokeneth death.

Vrine thin in substance, hauing fléeting aboue, as it were a darke Skie, signifieth of death.

Vrine durty, stinking, and darke, with a darke Skie within, betokeneth a prolonging of death.

Vrine that is of the colour of water, if it haue a darke Skie in an Axis, it betokeneth death.

Vrine that hath drestes in the bottome medled with bloud, it betokeneth death.

Vrine blacke and thicke, if the sicke loath when he goeth to the Priuy, and when he speaketh ouerthwart, or that he vnderstandeth not aright, and if these sicknesses goe not from him, they betoken death.

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